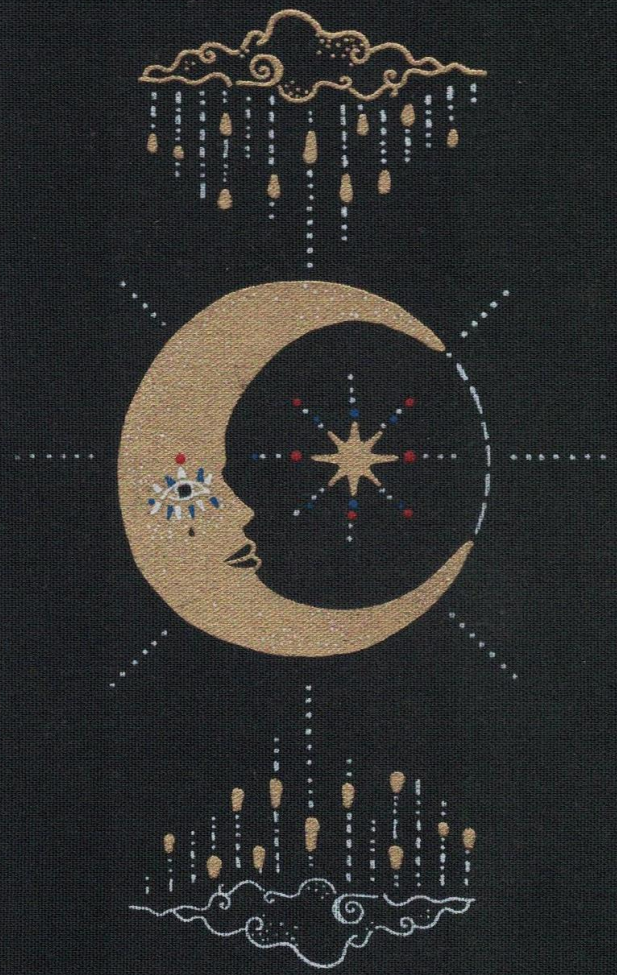
AURORA



THE GODS WE CAN TOUCH

AURORA

THE GODS WE CAN TOUCH

'This is a little book I wrote, trying to figure out the soul of my album.'
Aurora Aksnes

This highly intimate book takes readers on a journey to the very heart of Aurora's world, through her creative process and her inspiration while she was writing her acclaimed third studio album, *The Gods We Can Touch*.

Including a full-colour reproduction of Aurora's personal notebook, full album lyrics, original album artwork and stunning photography, this book is a unique and immersive treasure trove for fans.

aurora-music.com
fabermusic.com
decca.com

DECCA

FABER *ff* MUSIC

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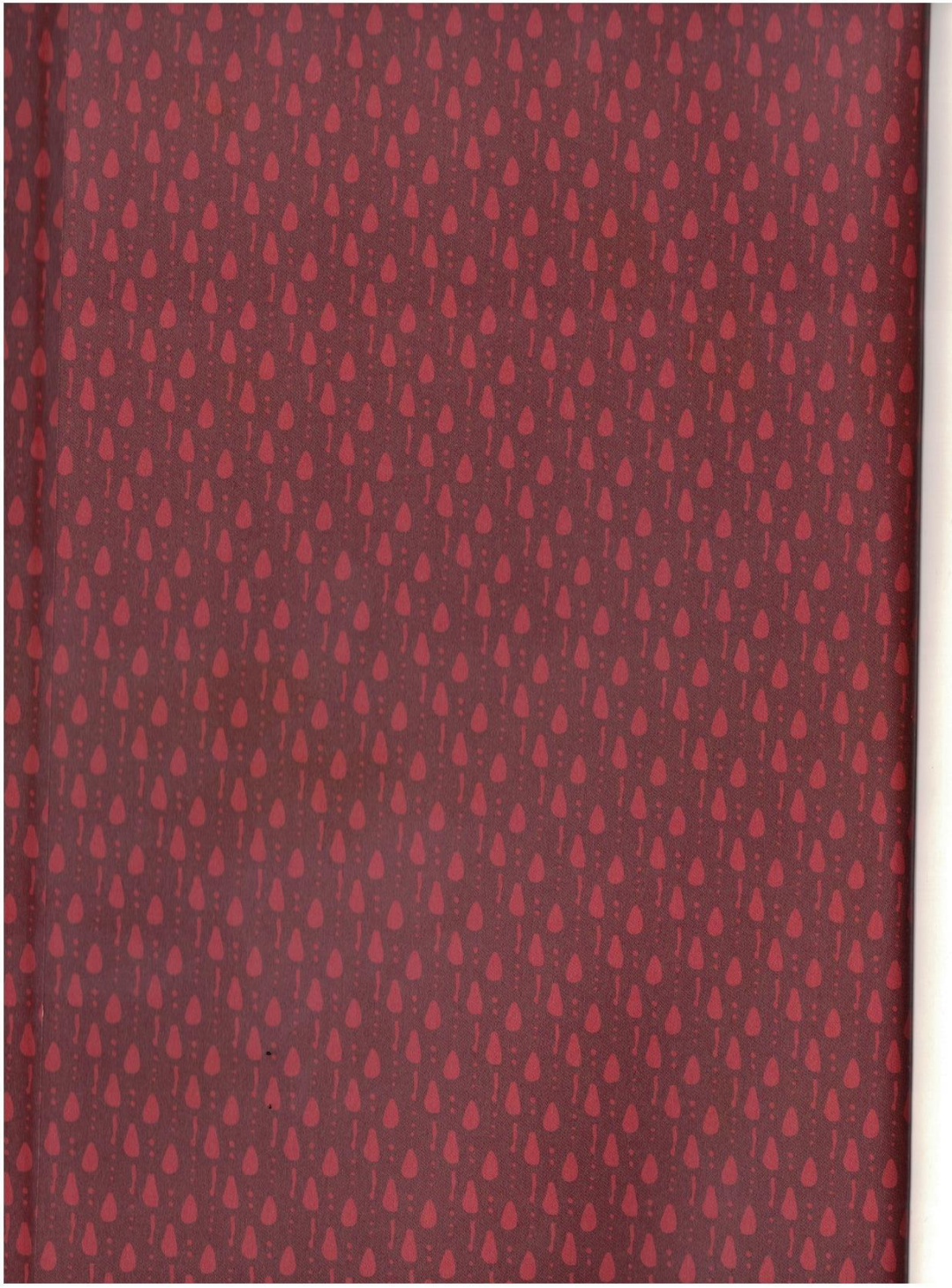


AURORA

THE GODS WE CAN TOUCH

DECCA

FABER MUSIC

The Gods We Can Touch

From when I heard its name in my head, it was hard to think of anything else.

This album grew bigger in my mind, and I knew I had to
give a lot of my attention to the past.

The past of people, and our ways.

I've always been fascinated by religion. And spiritualism. What helps us, what frightens us and how we all use the greater unknown to mend, destroy, create, worship or rule.

We have had such a deep hungry need for there to be something more to this life.

To this world. And to us.

We have longed for the unknown to be answered.
And for the meaningless to have meaning.

We wonder. And we still don't really know anything.

And I believe it to be a very, very beautiful thing, important even.

To ask.

To wonder.

And be open …

to whatever is out there.

The Gods We Can Touch is an album about wonder.

To wonder why everything is like it is. Why we put shame on ourselves and each other for human behaviour. Why we went from worshipping Earth, and everything we had here in our world to worshipping something in the sky. Why we moved our gods to the clouds.

To wonder how this all affected the way we live. And the way we treat each other.
Our animals. Our planet. The way we decide who is an enemy and who is a friend.

I don't really know.

But it sure does fascinate me.

Why did we put gods in the sky?

Why are they so out of reach?

Why do we have to be forgiven?

And why do we punish our women?

What is bad about being human?

Everything that makes this world a beautiful place to exist in, already exists within us.

Every single one of us.

Through our eyes, our heart and our minds. Through our tears and tasting palettes.

Through our imagination and our creativity.
Our trust and our connection to each other.

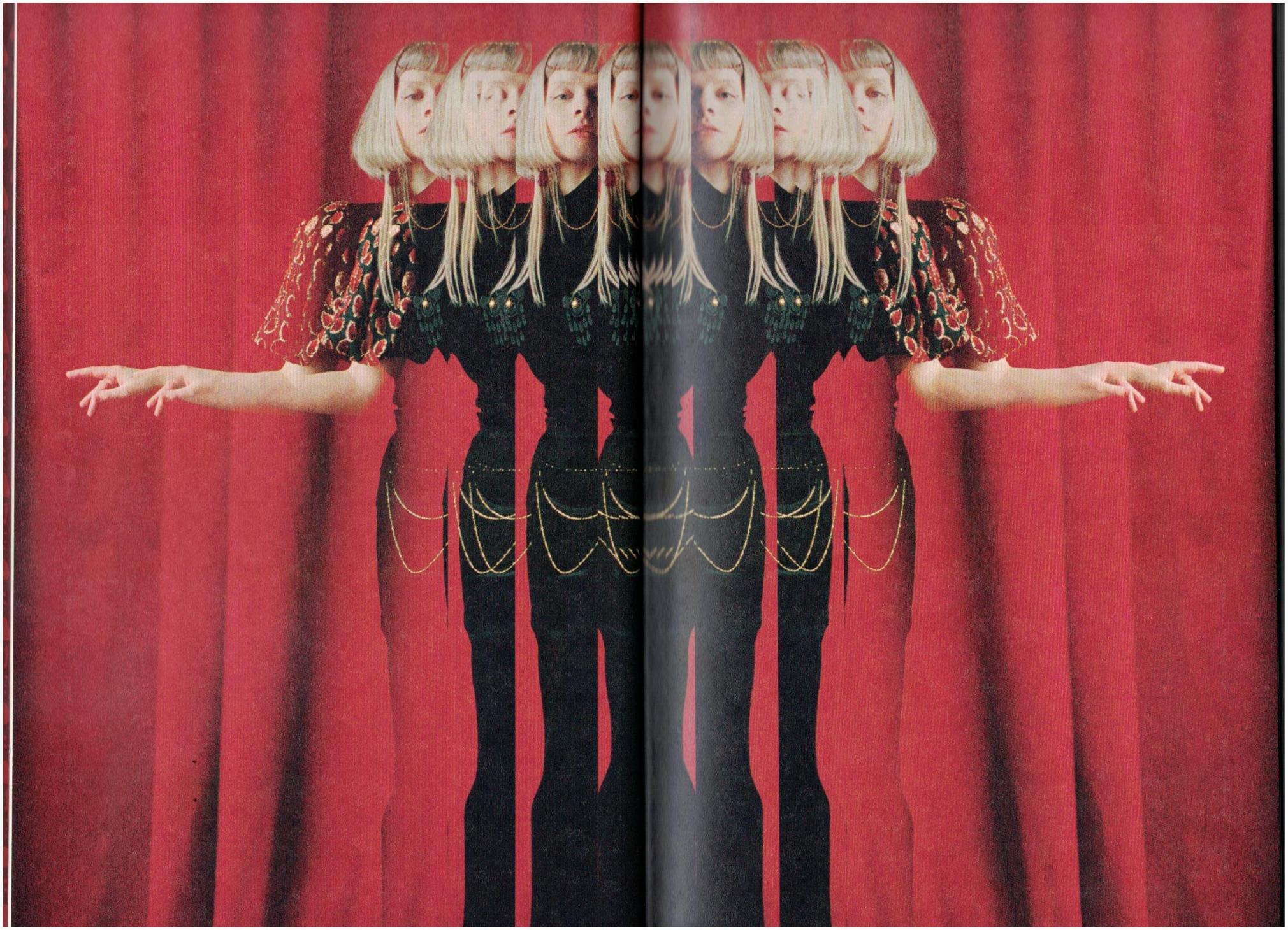
To the children we inspire, and the children who inspire us.

Everything.

Right here.

The gods we can touch.

Aurora
July 2023



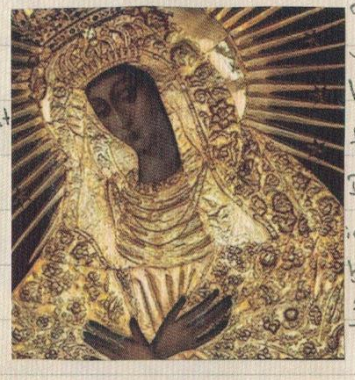
It seems we always have needed something to believe in.

Or someone to look up to.

Or something to worship.

It gives us..... comfort? maybe?

I wish there was less room for judgement towards ourselves and others.



Being inspired to be good. to do good. to be better and DO BETTER. is always important. I strongly believe human beings have so much potential.

We like to be led towards something, they will eventually show us. We like to ask questions, and accept whatever answer They give us. It gives us..... comfort? definitely.

What is interesting is.. we seem to be draw towards.. Perfection. People here on Earth, because of their mind, their Beauty... Their ~~Wealth~~ Wealth Or something divine. A complete divine being. A leader.

Perfection is fascinating. And in some cases, inspirational. But I fear in other cases, I dont always think it makes us happy.

I think It 'ss erotial ~~would be good~~ to also worship something/someone

We can also see ourselves in. To know that "Good enough" Could be achieved within our imperfect human frames.

At least we deserve it.

THE GODS WE CAN TOUCH

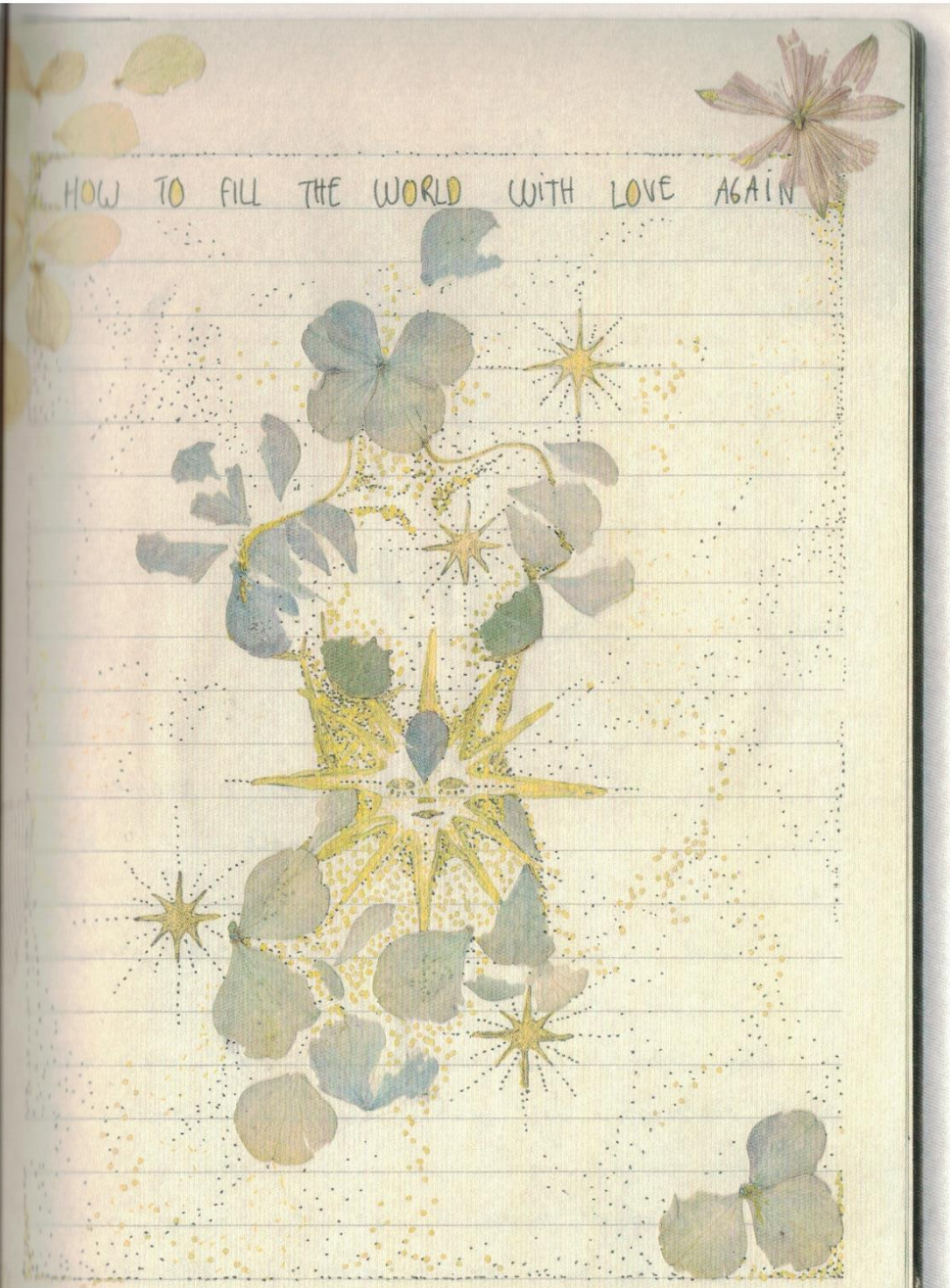
I think this is why I relate to the imperfect. And the different. and the strange. Because people like that - feels like home. I know if I actually talked about this with someone, they would say the same. But writing is so much more interesting. and easy. And i feel like being quiet today.

This is also why I am so fascinated by greek mythology. and the greek Gods & Goddesses.

Because they were flawed. And there was a God/Goddess for everything. even the things that are considered a sin by so many of the more modern religions, (that we follow today I mean) And I love the idea of worshipping something flawed. So we don't have to feel ashamed, or like a failure for not being perfect. Because none of us are perfect. And we never will be. And that is truly wonderful.

13.08.2020

HOW TO FILL THE WORLD WITH LOVE AGAIN



Tuesday 14.01.2020 (kl.10:)

The way we have acted through history and the way we act now. With knowledge.

I often wonder wether humans, in our true nature, are good or bad. Looking at history maybe we are both?
And if we're both, what makes us go out of our way in kindness, or be evil just because ..... we can? ....

I often think that if I lived 400 years ago I would be burned on the flames. Just because our actions and beliefs were different.

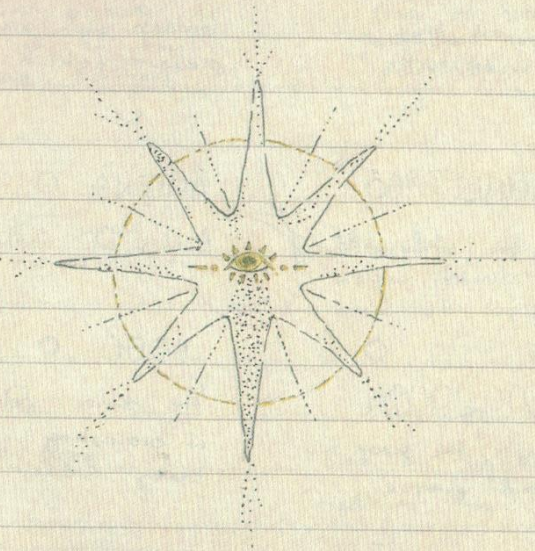
I think about all the lives religion has saved. but I can't help thik about all the lives lost. Knowing know how wrong we were back then how can we justify our actions now?
When we discriminate, punish, kill, rape people for being themselves. Their true beautiful nature.

Religion is a gift. such is power. Maybe its how we use this gift that defines us? ..... >

20.01.2020

I am very driven by emotion.
I like to fight for the things that gives life meaning and I like to speak up against ~~abusers~~ prevents life from thriving.
Music helps me feel like the power to make a

Our need for heroes. And admiration of Power.



GAIA (GAEA)

Goddess of all, the embodyment of earth

PERSEPHONE

Queen of the underworld

ARTEMIS

Goddess of the hunt the wilderness. the moon protection and plague

NEMESIS

Goddess of retribution. shes the personification of all life's repercussions for sin.

NYX

Goddess of the night

ACHELIOS (moon goddess)

"she who washes away pain"

APHRODITE

Goddess of love. passion pleasure. fertility. beauty and desire

ATHENA

Goddess of wisdom. reasoning

HEBE

the divine personification of everlasting youth and beauty. Goddess of youth

CRONUS

God of time.

JANUS (Roman?)

God of time, beginnings and endings. has two faces. one looking at the past one looking at the future

06.01.2020

ZEUS & POSEIDON

God of heaven. protector of man. and God of the sea. they are brothers

ATLAS

He carried the whole world on his shoulders.

HYPNOS

the god of sleep

HERMAPHRODITE

a god that was half a woman half a man. Son of aphrodite.

HADES

king of the underworld

EROS

God of sexual desire attraction. love and procreation.

ARES

the god of war violence. bloodshed. lover of aphrodite.

APOOLLOO

God of light. the s medicine. healing.

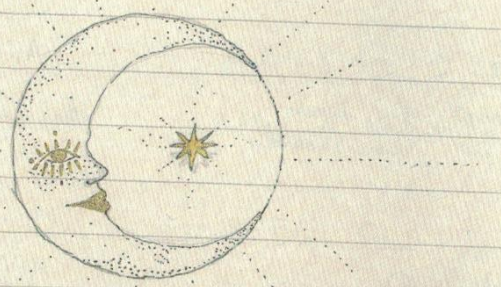
MORPHEUS

God of dreams.

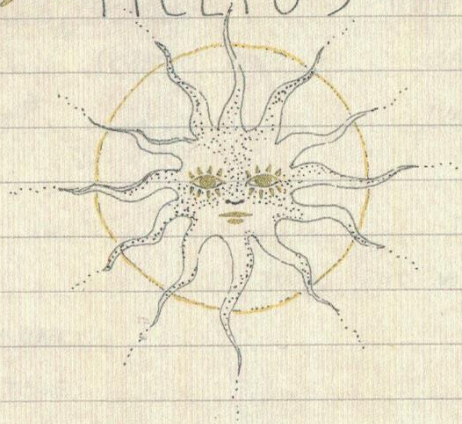
HERACLES

Hero of gods.

SELENE



HELIOS



MAY THE LIGHT GUIDE ME

SINGLES:

EXIST FOR LOVE

TEMPORARY HIGH

CURE FOR ME (GOOD OMENS)

THE INNOCENT

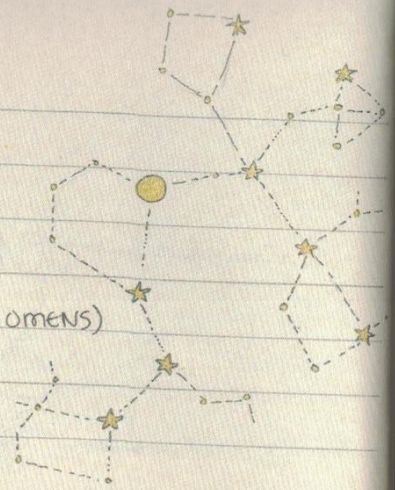
BLOODLINES

THE INNOCENT

THE BLOOD IN THE WINE

HEAVEN

HEATHENS



BALLADER

EXIST FOR LOVE

HEAVEN

ARTEMIS

EXHALE, INHALE

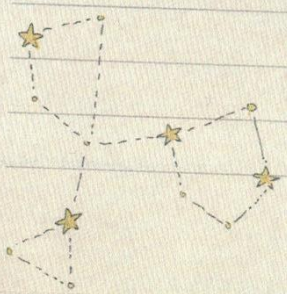
POTION FOR LOVE

SHORT STORIES:

FORBIDDEN FRUITS OF EDEN (40s)

ANGELS ON EARTH (40s)

A LITTLE PLACE CALLED THE MOON (4m)



SHORT FILM:

EVERYTHING MATTERS

↓

FRENCH!!!

LIST OF SONGS

1. FORBIDDEN FRUITS OF EDEN
2. TEMPORARY HIGH
3. THE INNOCENT ☆
4. BLOODLINES ☆
5. CURE FOR ME ☆
6. HEATHENS ☆
7. ANGELS ON EARTH ☆
8. HEAVEN ☆
9. EXHALE INHALE ☆
10. MAMA YOO YOO (WITCH) (HERMAPHRODITE) ☆
11. THE BLOOD IN THE WINE
12. MIDAS TOUCH ☆
13. THE WOMAN I AM
14. EVERYTHING MATTERS ☆
15. A POTION FOR LOVE ☆
16. ARTEMIS ☆
17. A LITTLE PLACE CALLED THE MOON ☆

monday 26. 01. 2020

NOT WRITTEN

ANGELS ON EARTH

THE INNOCENT

CURE FOR ME

BLOODLINES

FORBIDDEN FRUITS OF

NOT FINISHED

EXHALE, INHALE

MAMA YU YU

HEAVEN

HEATHENS

CURE FOR ME

MIDAS TOUCH

THE BLOOD IN THE WINE

ALMOST FINISHED

TEMPORARY HIGH

EVERYTHING MATTERS

A POTION FOR LOVE

ARTEMIS

A LITTLE PLACE CALLED THE ☾

THE WOMAN I AM

FINISHED

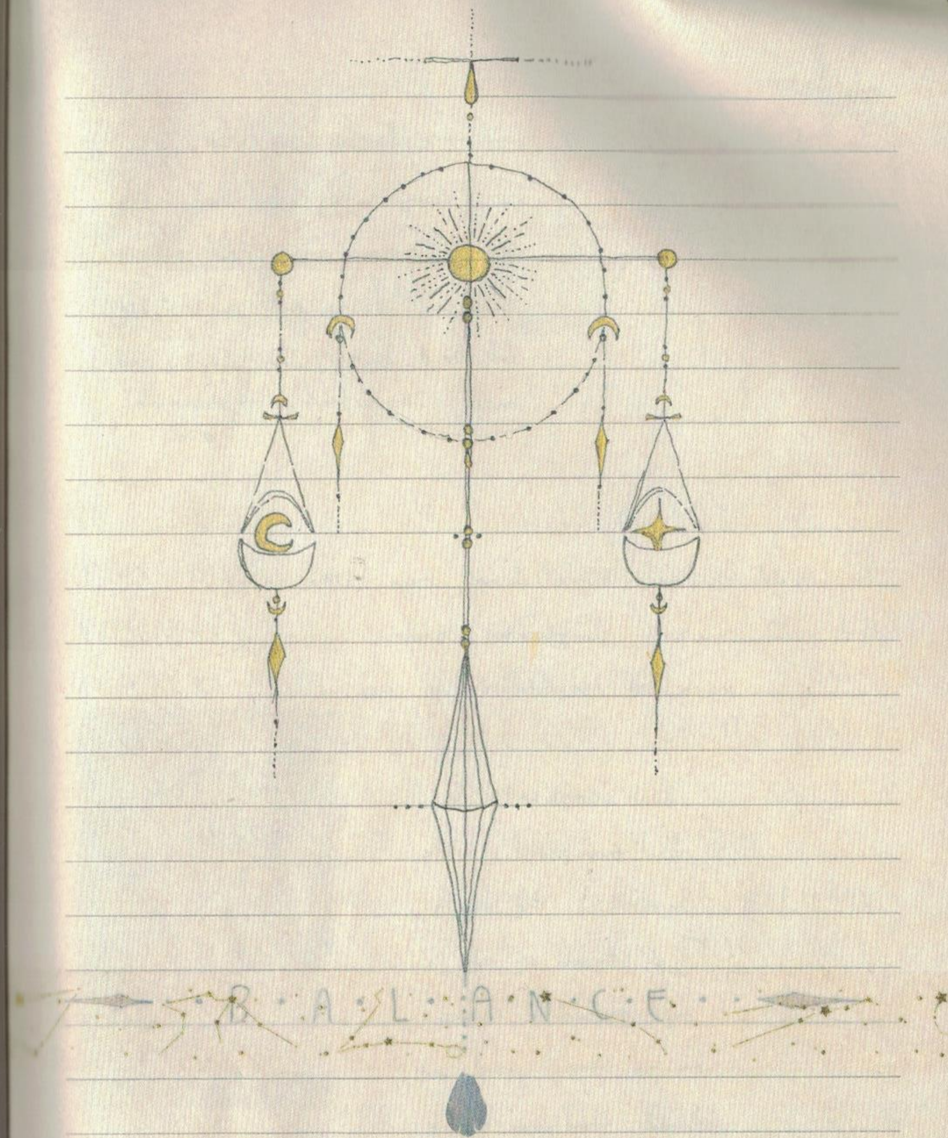
EXIST FOR LOVE

I understand

Now.. why they ~~call~~ name

Storms after people

find a song to support documentary about de-forestation and the forest fires. — catch which :(



I keep writing 2019!!

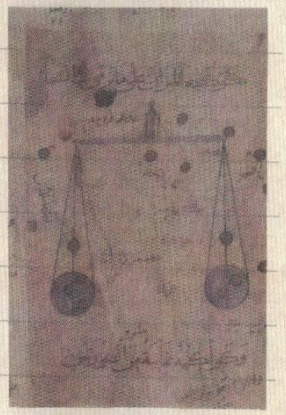
09.01.2020 [redacted]

THE ART OF ——→ FINDING BALANCE

I always try to find the perfect balance on every album. between noise, and quiet. soft and hard. light and dark. and most important. — breath. air.

I've heard a few times during my little career that I make complicated music.

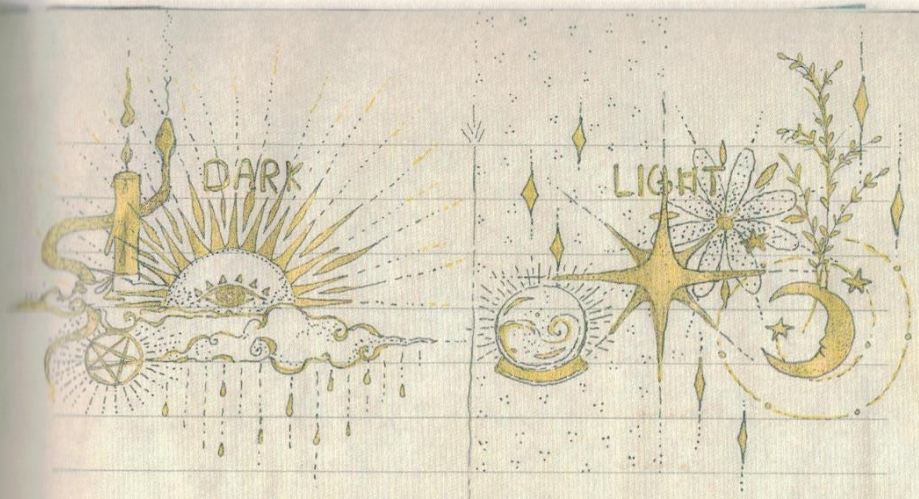
maybe not complicated for some.



But complicated in the metaphores. in the symbolism and meaing. But most of all in my productions. there are so many sounds ad details that, you might get tired.

But — I don't think I have any reason to underestimate my fans. I trust them. And I know they understand.

AND I WILL MAKE MUSIC WORTHY OF MY FANS. 20.01.2

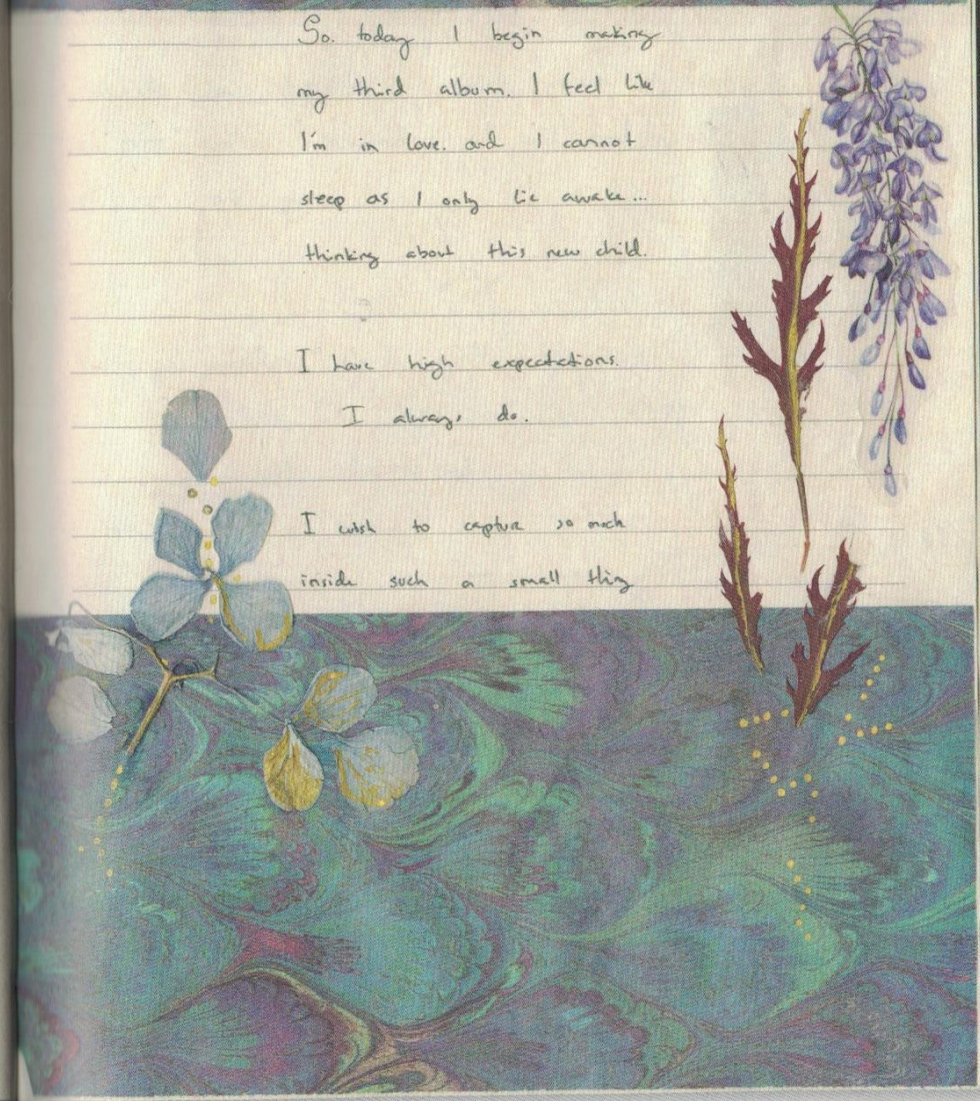


THE INNOCENT	EXIST FOR LOVE
THE MIDAS TOUCH	TEMPORARY HIGH
HEATHENS	HEAVEN
DANGEROUS THING	BLOODLINES (:)
THE BLOOD IN THE WINE	A CURE FOR ME (:)
ARTEMIS	
MAMA YYU YYU (:)	ANGELS ON EARTH
THE DEVIL IS HUMAN	THIS COULD BE A DREAM
EXHALE, INHALE	A POTION FOR LOVE
GOD OF WAR	THE MOWAN I AM
EVERYTHING MATTERS	A LITLE PLACE CALLED MOON
FATHER DONT BLAME US	FORBIDDEN FRUITS OF EDEN

So. today I begin making
my third album. I feel like
I'm in love. and I cannot
sleep as I only lie awake...
thinking about this new child.

I have high expectations.
I always do.

I wish to capture so much
inside such a small thing



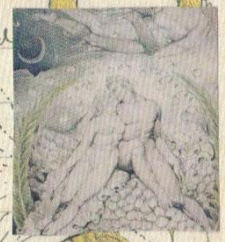
FORBIDDEN FRUITS OF EDEN

there once was a god, who was never pleased

one tree was forbidden to touch when it stood

a tree gifted knowledge of evil and good

of evil and good



only known

desiring wisdom that godsire only known

so eve took a bite, and got dreams of her own

got dreams of

her own....

wisdom is power

and the power

is hers

Exist for Love

They say there is a war
Between the man and the woman
I've never felt like this before
My heart knew that I couldn't

And then you take me in
And everything in me begins to feel like I belong
Like everybody needs a home
And when I take your hand
Like the world has never held a man
I know I cannot heal the hurt
But I will hold you here forever
If I can, if I can

And then I learned the truth
How everything good in life seems to lead back to you
And every single time I run into your arms
I feel like I exist for love
Like I exist for love
Only for love

I can't imagine how it is
To be forbidden from loving
'Cause when you walked into my life
I could feel my life begin

Like I was torn apart the minute I was only born
And you're the other half
The only thing that makes me whole
I know it sounds like a lot
But you really need to know
We are leaning out for love
And we will lean for love forever
I know, I love you so

And then I learned the truth
How everything good in life seems to lead back to you
And every single time I run into your arms
I feel like I exist for love
Only for love

And when you say my name
Like white horses on the waves
I think it feels the same
As an ocean in my veins
And you'll be diving in
Like nothing is out of place
And we exist for love
Only for love

And I love you, I love you, I love you
And I love you, I love you, I love you

EXIST FOR LOVE

they say there is a war.

Between the man and the woman.

we exist for love.

when we experience love, is the moment we know why we exist.

I've never felt like this before.. my heart knew that I couldnt...

and then you take me in and everything in me begins to feell like I belong... like everybody needs a home.. and when I take your hand. like the world has never held a man.

I know I cannot heal the hurt.

But I will hold you here forever if I can. if I can.

LGBTQ+

I cant imagin how it is to be forbidden two loving

Cause when you walked into my life

I could feel my life begins

like I was born apart. the minute I was only born...

...and you're the other half..

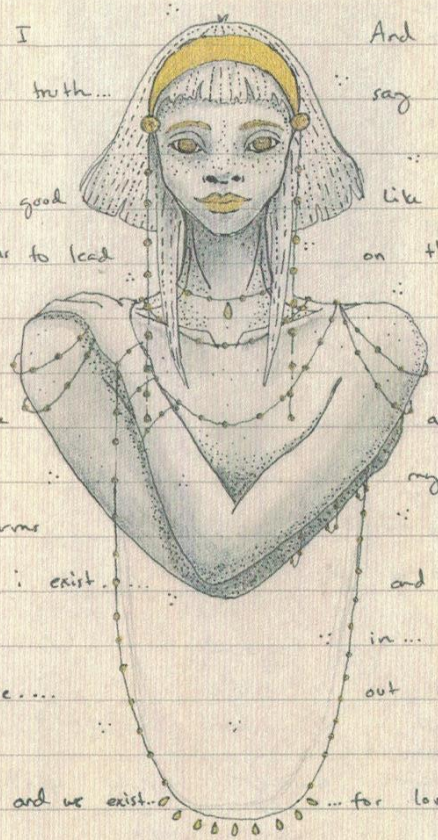
the only thing that makes me whole

I know it sounds like alot. But you really need to know. we are leaning out for love, and we will learn for love forever..

EXIST FOR LOVE ?

..I know...

....I love you so...



And then I Learnt the truth...

How everything good in life seems to lead Back to you...

and every single time I run into your arms

I feel like I exist...

...for love....

And when you say my name...

like white horses on the waves..

I think it feels the same as an ocean in my veins...

and youll be diving in... like nothing is out of place...

...for love..

and we exist..

....only for love...

29.01.2020

A POTION FOR LOVE

I dont know
why I cry
When I look in your eyes
it feels strange hurting you
By just telling the truth

if I see you again
as a stranger or a friend
will you give me a kiss from the past?
Make it soft
Make it last
like a lake in a glass
like an endless reminder of us

I recall our minds
Being strange... and unlike
you were quiet at most..
.... I would watch and explode...
With a storm in my eyes
you would understand why
they all name, Hurricanes after us

When I see you again
as a stranger or a friend
I will give you a kiss from the past
I will send you away... hoping youll be okay
with a piece of your heart
living in mine... ∞

∴ I dont feel loved... anymore
and how it hurts when you walk
out of the door. But forgetting why
we fell in love::
∴ Hurts me the most....

a potion for love

How i wish there was
a potion for love....

23.03.2022

EXIST FOR LOVE &

A POTION FOR LOVE

two sister songs. One for the ones in love. as a reminder of how pure it is. How divine love is.

and one for the people in pain. for when the love is over. and the ones we kept so close to our heart, becomes the strangest stranger of them all.

and now i feel like there is balance. Love is found and Love is lost. xxxx

LOVE, YOURS TRULY, AURORA x

29.03.2020

The Innocent

I have been a dancer, but without her feet
I've been a lion, but without its teeth
In the moonlight I will lie awake
Drinking lava from the lake

You give your all and in return
You get a spark and you watch it burn

The innocent life, the innocent touch is never enough
For the ones who love, the ones who love
The ones who love

Danger in the boy that would lose control
When everyone thought he had a heart of gold
I remember how he used to play
He'd let me win if I let him stay

He left without a single trace
I don't know why he said goodbye to love

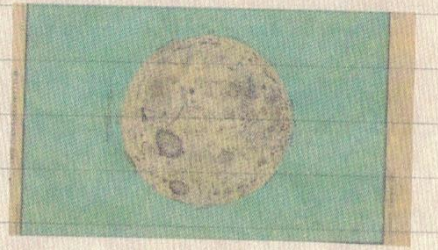
You would never let me in to your heart

The innocent life, the innocent touch is never enough
For the ones who love, the ones who love
The ones who love
The innocent life, the innocent touch is never enough
For the ones who love, the ones who love
The ones who love

I let you down in the cold of the water
Watching you drown for the sake of the torture
Now you are gone, I feel that I'm closer
(You would never let me in to your heart)

You would never let me in to your heart

The innocent life, the innocent touch is never enough
For the ones who love, the ones who love
The ones who love
The innocent life, the innocent touch is never enough
For the ones who love, the ones who love
The ones who love



there's danger in the boy
that would have control
when everyone thought he had
a heart of gold

I remember how we used
to play....
... had let me win...

...if i let him stay.
He left without a single trace.
I don't know why
he said goodbye
to love

and my hungriness
the wind is blowing
throug my heart.
Where it used to
be filled with love

I dont feel like
crying today
I dont feel like
waiting for love
But i feel like
.....living..

THE INNOCENT

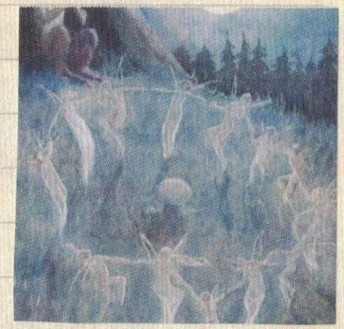
I have been a dancer without her feet
I've been a lion without its teeth
in the moonlight I'll lie awake
drinking lava from the lake..

you give your all.... and in return...
you get a spark, and you watch
it burn....
....for love...

"THE INNOCENT LIFE, THE INNOCENT TOUCH
IS NEVER ENOUGH FOR THE ONE
WHO LOVES"

the innocent life
the innocent touch
is never enough
for the ones who
love.....
the one who loves
the one who loves..

...you would
never let me into
your heart.....



I lay you down in the cold of the water
watching you down for the sake of the
torture. Now that you're gone... I feel like
you're closer...

06.06.2020

Adam and Eve.

I've now searched for hours.
After a page (etc) photo/picture

Of Adam and Eve.

I can only find drawings of
White Adam and Eve. But that makes
no sense to me.

We all come from Africa.
the first people we dark of colour.
Rich. deep. divine.

in my story Adam and Eve are Black.
they are the beginning.

In the beginning was nature. The background from which and against which our ideas of God were formed, nature remains the supreme moral problem. We cannot hope to understand sex and gender until we clarify our attitude toward nature. Sex is a subset to nature. Sex is the natural in man.

Society is an artificial construction, a defense against nature's power. Without society, we would be storm-tossed on the barbarous sea that is nature. Society is a system of inherited forms reducing our humiliating passivity to nature. We may alter these forms, slowly or suddenly, but no change in society will change nature. Human beings are not nature's favorites. We are merely one of a multitude of species upon which nature indiscriminately exerts its force. Nature has a master agenda we can only dimly know.

Human life began in flight and fear. Religion rose from rituals of propitiation, spells to lull the punishing elements. To this day, communities are few in regions scorched by heat or shackled by ice. Civilized man conceals from himself the extent of his subordination to nature. The grandeur of culture, the consolation of religion absorb his attention and win his faith. But let nature shrug, and all is in ruin. Fire, flood, lightning, tornado, hurricane, volcano, earthquake – anywhere at any time. Disaster falls upon the good and bad. Civilized life requires a state of illusion. The idea of the ultimate benevolence of nature and God is the most potent of man's survival mechanisms. Without it, culture would revert to fear and despair.

1

We are all EQUAL in the name of nature.

Sexuality and eroticism are the intricate intersection of nature and culture. [illegible] the problem of sex is when they reduce it to a matter of social convention: readjust society, eliminate sexual inequality, purify sex roles, and happiness?

How is Love

We all have lust. and desires. And we are all entitled to act on these desires in the name of CONSENT.

sex is more than reproducing.

So. same-sex relationships makes so much sense.

temporary high ✓
Cure for me
The innocent
Heathens ✓
the woman I am ✓
T.B.I.T.W
the medicine I need (Bloodlines?)
Midas touch
artemis ✓ ✓
A dangerous thing
God of war ✓
exhale inhale ✓
everything matters ✓
Mama yu yu
angels on earth ✓
exist for love ✓
potion for love ✓

NO NO NO

ITS ALL

WRONG!!!

TARANTINO

exist for love

~~artemis~~
Midas touch
artemis → everything matters
T.B.I.T.W.
Dangerous thing

A potion for love

the innocent
Heathens
God of war → Mama yu yu

THIS PLAN

RYTME

penis!!!

yu

Heaven

exhale, inhale

angels on earth

SUCKS

A.L.P.C.T.M

NYDELIG

temporary high
cure for me

Bloodlines

The woman I am

MANDAG | TIRSDAG | ONSDAG | TORSDAG | FREDAG | LØRDAG | SØNDAG

29
Heathens
angels on
earth

30
Bloodlines
Dangerous thing

31
CURE for me

1
the WOMAN I am
Temporary high

2
Heathens
Blood in the
wire

3
Heaven
Temporary
high

4
Artemis
Midas touch

5
the woman
I am

6

7

8
potion for love
Midas touch
Bloodlines

9
potion for love
Mama yu yu

10
Mama yuyu

11
exhale, inhale

12
God of wa

13
?

14
?

15
?

16
?

PLAN

DIDN'T

DID

NOT

WORK

Gitar?
- Heathens
- Midas touch
- Heaven?
- the woman I am
- B.I.T.W
- artemis

drømme maskin:
- potion for love
- Midas touch
- Bloodlines
- mama yu yu?

Sing?
- T.B.I.T.W
- The innocent
- Heathens
- Temporary high
- Dangerous thing
- Bloodlines
- Heaven
- cure for me

28.10.2020

FEMALE POWER

Stopping people from speaking up, is a cruel thing indeed. Don't the world deserves more?

Why are we so scared of women?

I love all people. And it is sad to think about how many brilliant things we have missed Because of the way the world Refuses to listen.

to smaller cultures
to women.
people of colour.
we
have.
so.
much.
to.
learn.

we used to be scared when women knew mathematics back in the of 1600..

we were burned for witchcraft.

And now... thought in most places. time has changed.

because women know their worth. and their potential

We see women before us. changing the world for the better.

I am a feminist. because I feel like this world deserves to benefit from all the brilliant minds that lives in it.

We deserve equality. because it benefits the world.

The Woman I Am

I spend a lot of time wondering why there's "I owe you" in you and I
With innocent devotion to the fiction living up in the sky

The woman I am
Is taken back to nothing
The woman I am
Is taken back to nothing

I found the only woman I need to love
The only woman I need to love

I think my sense of humour might have made things confusing for the heart
Complicated, it's getting to be happy with the 'who' you are

The woman I am
Is taken back to nothing

I found the only woman I need to love
The only woman I need to love

Expectations, obligations draining the beauty that you got
Complicated, it's getting to be happy with the 'who' you are

I found the only woman I need to love
The only woman I need to love

Complicated, it's getting to be…

Being a Woman in this world is truly divine.
But it comes with a price.

I think of my sisters
Black women.
trans women.
women living in cultures that still don't respect them
I cannot imagine
that's why I am a feminist.
Until we are
All treated as equals
there only
One thing
we "owe" the world.

not sex. not our bodies.

Only kindness.

From Camille Paglia

"sex and violence or nature and art?"

Woman's body is a secret, sacred space. It is a *temenos* or ritual precinct, a Greek word I adopt for the discussion of art. In the marked-off space of woman's body, nature operates at its darkest and most mechanical. Every woman is a priestess guarding the temenos of daemonic mysteries. Virginity is categorically different for the sexes. A boy becoming a man quests for experience. The penis is like eye or hand, an extension of self reaching outward. But a girl is a sealed vessel that must be broken into by force. The female body is the prototype of all sacred spaces from cave shrine to temple and church. The womb is the veiled Holy of Holies, a great problem, as we shall see, for sexual polemicists like William Blake who seek to abolish guilt

and covertness in sex. The taboo on woman's body is the taboo that always hovers over the place of magic. Woman is literally the occult, which means 'the hidden'. These uncanny meanings cannot be changed, only suppressed, until they break into cultural consciousness again. Political equality will succeed only in political terms. It is helpless against the archetypal. Kill the imagination, lobotomize the brain, castrate and operate: then the sexes will be the same. Until then, we must live and dream in the daemonic turbulence of nature.

Everything sacred and inviolable provokes profanation and violation. Every crime that *can* be committed *will* be. Rape is a mode of natural aggression that can be controlled only by the social contract.

rape is a crime of violence of sex, that it merely power masquerading as sex. But sex *is* power, and power is inherently aggressive. Rape is male power fighting female power. It is no more to be excused than is murder or any other assault on another's civil rights. Society is woman's protection against rape,

But we're not protected enough 28.10.2020

will do it!!

THE WOMAN I AM

I spend
a lot of time
wondering Y
theres an I O U
in you and I
with innocent
devotion to
the fiction
living of
in the sky

(I don't owe you)
(I owe you..)

I think
my sense
of humour
might have
made things
confusing
for the least
complicated
it's getting
to be happy
with the
"Who"
you are..

the woman I am
is taken back to nothing.

I've found...
...the only woman I need to love...
...the only woman I need to love...

30.10.2020

NEW PLAN :

	SONGS :	WRITTEN ?	PRODUCED?	(VOCALS!!)	REALLY?	READY FOR MIX
				29.10.2020	NO... / YES!!!	no / yes
1	HEATHENS	✓	✓	✓	✓	✓
2	THE INNOCENT	50%	50%	.		
3	BLOODLINES	50%				
4	THE WOMAN I AM	✓	✓	30.10.2020 ✓	✓	
5	TEMPORARY HIGH	60%	✓	✓		
6	A CURE FOR ME	50%	50%			
7	HEAVEN	✓				
8	ARTEMIS	✓	✓	✓	✓	✓
9	MIDAS TOUCH	60%	✓	✓	...✓... ✓	✓
10	THE BLOOD IN THE WINE	60%	50%	90%		
11	HUMAN NATURE	50%	~100%			
12	THE WAVE	✓		90%		
13	GOD OF WAR	✓	✓			
14	LIFE OF ITS OWN?	✓	50%	✓		
15	EXHALE, INHALE	✓	✓	✓	✓	✓
16	EVERYTHING MATTERS	✓	✓	90%	✓	✓
17	A POTION FOR LOVE	✓	✓	✓	...✓... ✓	✓
18	A LITTLE PLACE CALLED THE MOON	✓	✓	✓	✓	✓
19	MAMA YO YO	60%	✓			
+	ANGELS ON EARTH / F.F.O.E?					
20						

30.10.2020
20.10.2020

Something I think about alot...

Why always albums?

I believe

people are good.

I believe music

can do good.

Something for the soul.

it may sound

Silly- but who cares?

Music is important.

And I have so much

to say. There is not

enough room in

one song.

So I make Albums.

My Children.

I realize more and more with time

How much i actually love making albums.

They are all like my

Children.

And I love them so

Much.

I know I've already made many. But I decided a long time ago, in this one life I have, I have to fill my time with the things that ~~make~~ fills my life with meaning.

And making albums

Just makes sense.

xx

30.10.2020

SECOND PLAN:

ASKJELL & FREDRIK BESSK

- Midas touch ☑
- Exhale, inhale ☑
- Blood in the wine ☑

Heathens ○
Heaven ○
The woman I am ○
Everything matter ☑
artemis ○

PLAN.

(2) the 2 wom... (3) exhale, inhale Midas touch (4) Heaven (5) B.I.T.W. (6) Hath?

Midas touch
- backing guitar

- exhale, inhale
- some bass

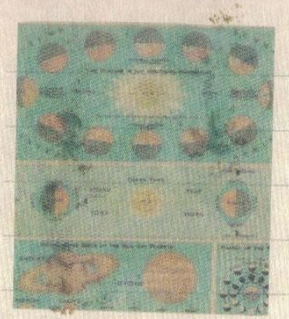
- Heathens
- more sparkle?

Heaven → whole song?

the woman I am
- Something freeing.
- Gotta earthquakes/Queendom Live!

Blood in the wine?
- I dunno

30.10.2020



its going to be Okay.

xoxo

I have anxiety.

Sometimes among people.

in crowded places.

and Sometimes when I'm alone. Just in my Chest

in my head.

I have anxiety for the world

often. It can keep me awake.

it keeps me worrying about

the future. the planet. the people.

What will happen?

I think the planet and our body. are very similar.

How would i sit down with

a child. and explain to them.

That one day the world might be ruined? Beyond Repair

the current state of the world. is uncertain.

about anxiety?

Do you feel my hand? [illegible] is there.

exhale.

inhale.

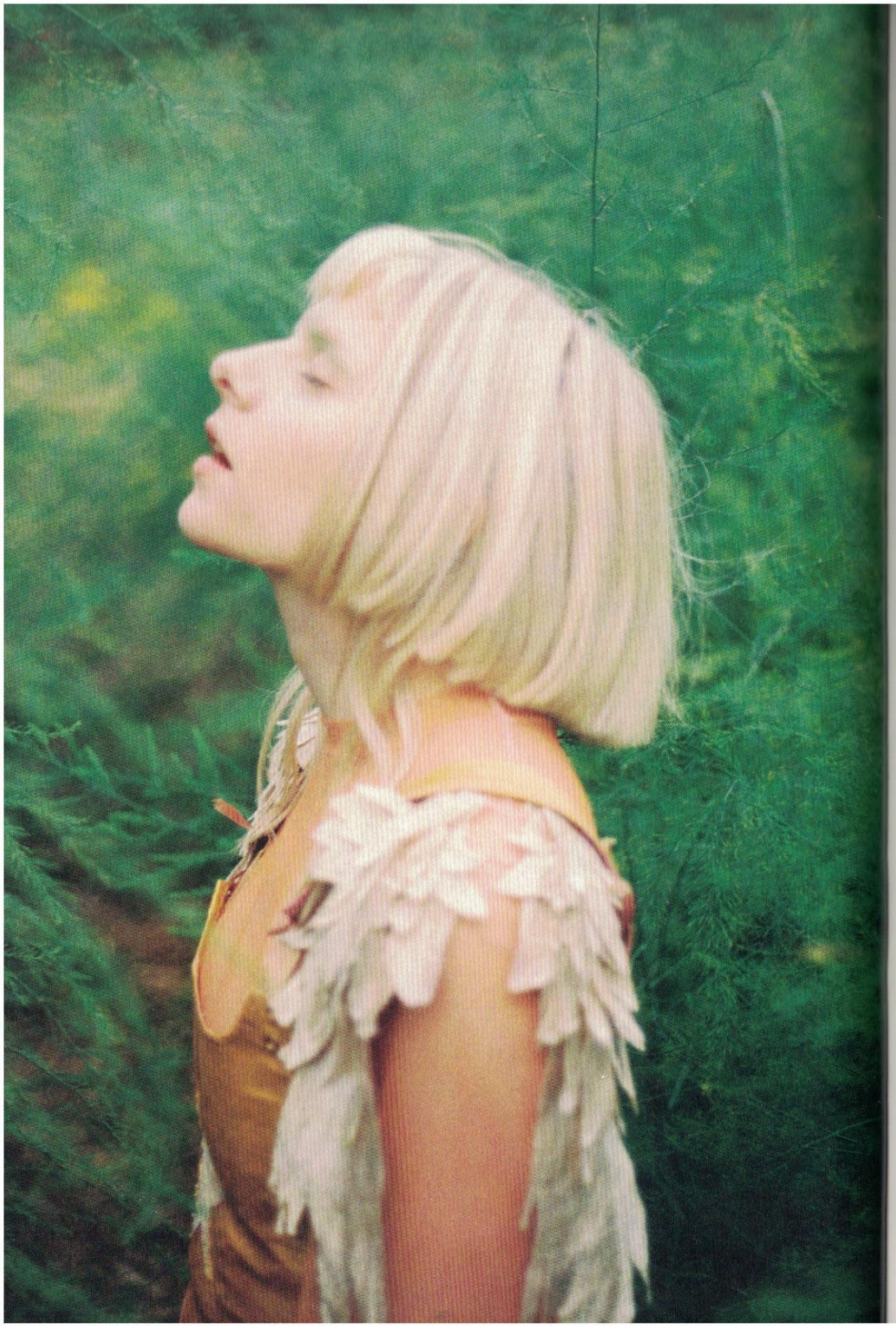
exhale

inhale

exhale

inhale

It's going to be okay. Just remember to Breathe.



Exhale Inhale

I was a moving thing
Before I was a human being
I was the ice before it melts
I was the tree before it fell
My dear, come near
Do you understand what is happening?

Crawl beneath the earth
To feel the hunger and the thirst
If you could fly and be the bird
Then you would see the forest burn
My dear, come near
Do you understand what is happening?

Who is calling me for the emergency?
Who is listening to the sirens singing?

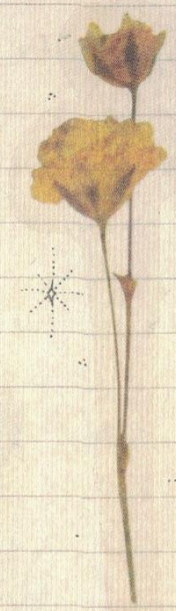
We are stood and somehow calm
Within the madness of the storm
With no solution for the scared
Tasting pollution in the air
My dear, come near
Do you feel my hand? It is there

(Exhale) inhale

Who is calling me for the emergency?
Who is listening to the sirens singing?

Take from our world no more
Take from my world no more
Take from my world no more
Take from my world no more

EXHALE, INHALE



I was a moving thing
before I was a human being
I was the ice ... before it melts
I was the tree ... before it fell

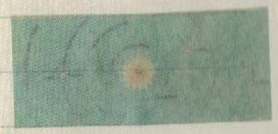
my dear ... come near ...
do you understand what is happening?

Crawl beneath the earth
to feel the ~~thirst~~ hunger
and the thirst
if you could fly ... and be the bird ...
then you would see the forest burn.

my dear ... come near ...
do you understand what is happening?

Who is calling me?
for the emergency?
Who is listening?
To the siren singing?

We are stood ... and somehow calm
within the madness of the storm
with no solution for the ~~scared~~ Scared.
tasting pollution in the air



my dear ... Come near.
Do you understand what is happening?

EXHALE ... INHALE ... EXHALE ... INHALE ... EXHALE ... INHALE ... (do it)

Who is calling me?
for the emergency?
Who is listening?
To the sirens singing?

Take from my world no more ...
Take from my world no more ...

... what if when we call
for emergency ... it's to late?
and they answered us, but the
there was nothing left to
call for help.

the body. and the world.
and the soul.

take from my soul no more.
take from my world no more.
let me live.

Originally I named the Song "pollution"
But then I realized "EXHALE, INHALE" is so much better.
Because it is not "only" an environmental song about our dying world. it is also about feeling like you're going to die.

When everything is closing in around you.
it is Something we carry alone. But still. let me hold your hand. I'm here.

Just.... exhale.. inhale.
....Just breath.... It's going to be Okay.

A song for the one you wished asked for help before it was too late. Do something before it's too late.

the thing is.
Nature has always been a sanctuary for me.
a safe place.

what do I do
if one day... it all dies?
What do people do?
What will happen to the heart?
and the mind!

it scares me so.

IF I LIVED (IF I WAS A WITCH) 400 YEARS AGO

Human beings. Such strange beings.

It still makes me laugh ... that
I would've been burned (probably)
if I lived 400 years ago.

I wonder who is being "burned"
today for just being who they
are.

I'm not really wondering. I already
know.

Many people are being punished
for just being themselves. I wonder
how we'll look back at it 400
years from now.
I think we'll be Horrified.

31.10.2020

NB.

LANGUAGE OF SOULS. AND FEARS ABOUT OUR WORLD.

I feel like we have so very few things left... On This earth... that speaks directly to the soul.

I strongly believe music is the language of souls. Or at least one of them. Music speaks directly to the soul.

not through our mind first.

not through our brain.

But directly to our emotional self.

Sometimes I feel love does that too, that kind of divine love. purely unselfish love. And nature speaks directly to our soul as well. And this is also the reason why it makes me so broken hearted that we're ruining our earth.

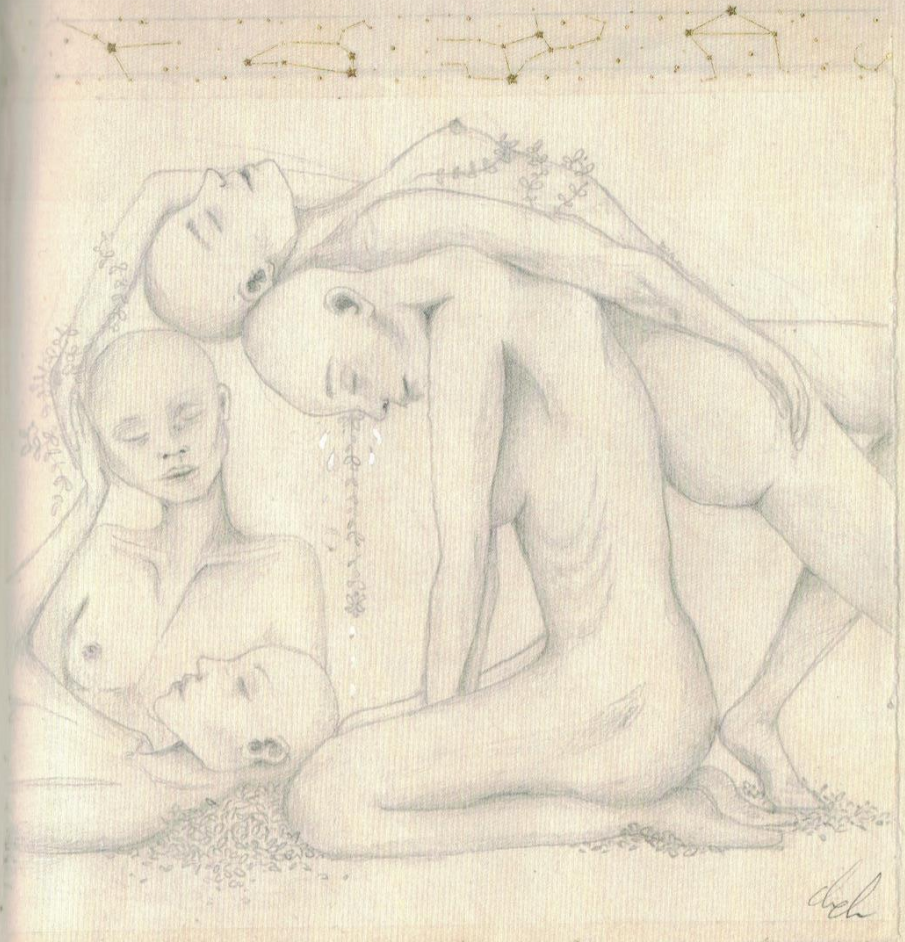
I fear...

...Our world contains so much noise, taking so much space. Leaving no more room for what is essential.

This is what I have to remember. To remind myself. why music is so important. why art is important. Because music is, indeed, one of the few languages we have left — that the soul truly understands.

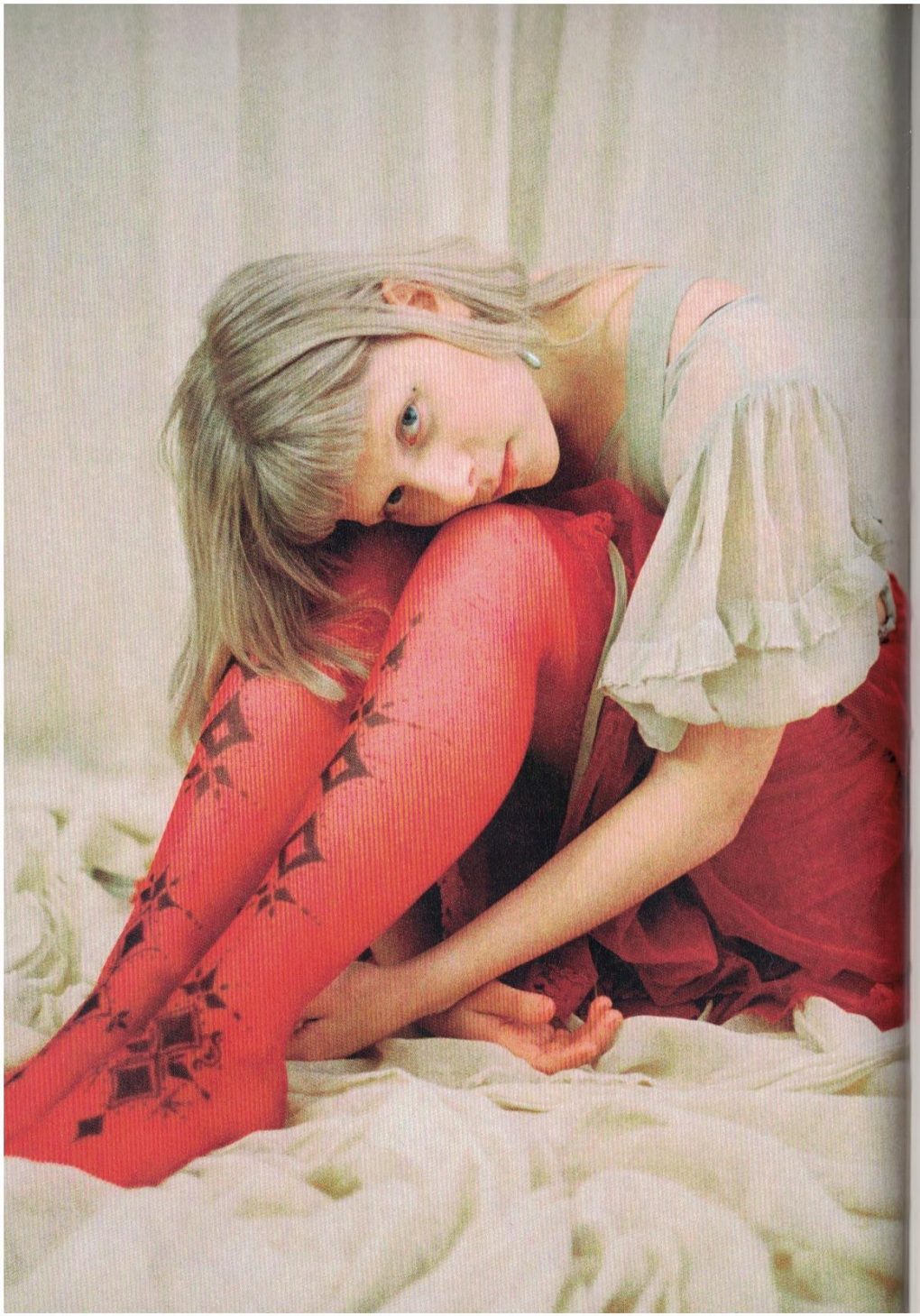
We need it.

I need it.



a Drawing I made. From 2012. I understand it More today.

01.11.2020



Blood in the Wine

I was given a heart before I was given a mind
A thirst for pleasure and war, a hunger we keep inside
We fell from sky with grace, and life gave us a sweeter taste
You can drink, you can feast
There's beauty in your beast

The flesh in the fruit and the blood in the wine

Come on, and feel alive, lover
Come on, and feel the love like a sinner
Shout it louder, shout it for the ones who could never say
I won't feel ashamed, mother
Can you break the chains off her?
Shout it louder, not a sinner, she's a lover

I was given a name before I was given blood
Like you were given your faith, before there was made a God
Young rivers in your hands and glass burning in promised lands
You can drink, you can feast
There's beauty in your beast

The flesh in the fruit and the blood in the wine

Come on, and feel alive, lover
Come on, and feel the love like a sinner
Shout it louder, shout it for the ones who could never say
I won't feel ashamed, mother
Can you break the chains off her?
Shout it louder, not a sinner, she's a lover

Come on, and feel alive
Come on, feel the love
Shout it louder, shout it for the ones who could never say
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Shout it louder, shout it for the ones who could never say
I won't feel ashamed, mother
Can you break the chains off her?
Shout it louder, not a sinner, she's a lover

THE BLOOD IN THE WINE

...it makes the ...
...e wine. So deep and
...ful.
...hat makes it taste
warm like a fire
... never burns. but
...el comfort.
...hat makes the wine
...y us. free us.
...y do we want to
... so fiercely with
... in our blood?

... flesh in the
fruit and the blood
in the wine ....."

...l the blood in the wine
flesh in the fruit
... vulnerability in sex

03.11.2020

Vers. 2

I was given a name
Before I was given blood
like you were given your faith
before then was made a god

young rivers in your hands
and grass burning in Promised lands
you can drink
you can feaste
theres Beauty in your beast

the flesh in the frit
and the blood in the wine

THE BLOOD IN THE WINE

I need an intro that sounds like the rising sun dramatic entrance.

Vers. 1

I was given a heart
Before I was give a mind
a thirst for pleasure and war
a hunger we keep inside

We fall from sky with grace
and life gave us a sweeter taste
you can drink
you can feaste
there is Beauty in your beast

the flesh in the fruit and
the blood in the wine

Come and feel alive
lover..
Come and feel the lie
like a sinner

Why do we always put shame
within the natural ways of man?
While making the pleasures in hell
so tempting... We're all destined
to fail this impossible task of
resisting all these things that makes us

HUMAN?

I once was given a beautiful book by a warrior from Norway. Her name is Vilje.
And the book has made an imprint on my soul.

On Earth We Are Briefly Gorgeous

'You once told me that the human eye is god's loneliest creation. How so much of the world passes through the pupil and still it holds nothing. The eye, alone in its socket, doesn't even know there's another one, just like it, an inch away, just as hungry, as empty.'

Ocean Vuong

Midas Touch

I can remember I was dreaming
In the moonlight, gently, I was floating
I didn't know that I was sinking
In my lonely bed sheets, I was dying

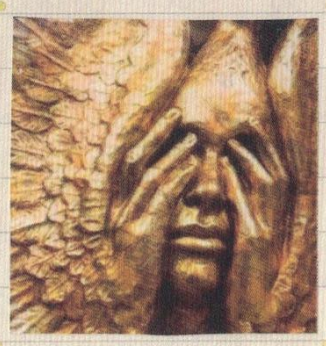
When you're away, I think that I'll escape
You're a king, but you're a slave
This love will end today

I would watch you fall in love, but you love me like a kid
You needed someone close and I never really did
I'd find you on your knees and you'd beg for me to be
The woman on your throne, but I'd rather be alone

Do you remember how I loved you?
You would make your lovers into sculptures
You didn't know that I was lonely
Every gift you brought me could not suit me

Midas, my dear, no wonder why you're scared
You're a king among the thieves
And your world belongs to me

I would watch you fall in love, but you love me like a kid
You needed someone close and I never really did
I'd find you on your knees and you'd beg for me to be
The woman on your throne, but I'd rather be alone



Do you remember how I loved you..?
you would make your lovers.. into sculptures

You didnt know that I was lonely..
All the gifts you brought me... could not love me

Midas my dear
No wonder why you're sand
you're a king among the thieves
But your heart belongs to me.

THE MIDAS TOUCH

I can remember I was
~~Do you remember we were~~ dreaming...
I'n the moonlight. Gently.. I was floating
~~in the morning... slowly... we forget them~~

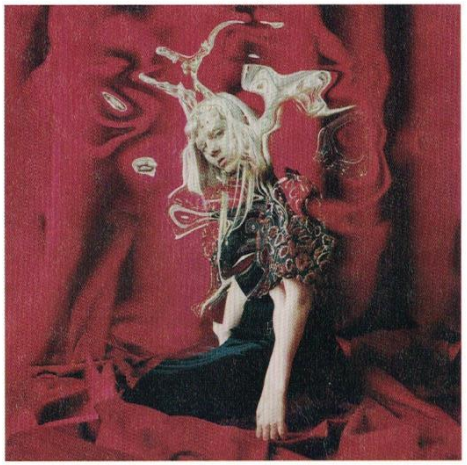
I didn't know that I was ~~screaming~~ sinking
In my lonely bedsheets I was dying..

You need
Something
you can't possess
you need a cure
for hungrin

Your died so many
times your soul is ender
you lived so many
lives your

When you're away..
I think that I'll escape
you're a king, but you're a slave
this love will end today

I Would watch you fall in love..



A Temporary High

It seems like we like to be living dangerously
Our heart sings a temporary lie
It seems like her madness could be endlessly
Her love is a temporary high

And you're running to the shore
Howling at the waves
Howling back at you

When you're ahead, she's coming after
And when you run, she's running faster
And when she loves, you better hope
Her love is not a temporary high

Your body was warm when she was cold
You would long for love
Her storm was a temporary light
And I guess you froze
When the storm blew away her clothes
And you never got warm again

Your hands as blue as ice
You reached towards the sky
Reaching back at you

When you're ahead, she's coming after
And when you run, she's running faster
And when you love, you better hope
Her love is not a temporary high

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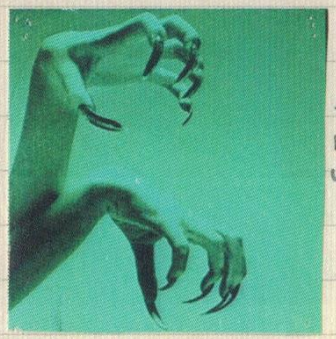
And when you run, she's running faster
And when she loves, you better hope
Her love is not a temporary high

You better hope that her love is not temporary
You better hope that her love is not temporary

if a human from 1920 traveled ~ 100 years in time. To the future.



I wonder how they would stayed keeping up with the world.

When your ahead
She's coming after
Cause when you run
She's running faster

And when she loves
you better hope her love
is not a temporary high.

I need a time machine!!

TEMPORARY HIGH

it seems like we.. like to be living dangerously
our heart sings a Temporary high

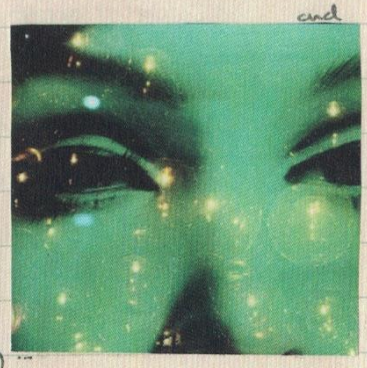
it seems like her .. madness could be endlessly
But her love is a Temporary high

Running to the shore
Howling at the waves
Howling back at you... (you, you, you)

Your body was warm, when she was cold you would
long for love... Her storm was a Temporary high

And I guess you froze when the storm blew away
her clothes... and you never got warm
again.

your hands
were blue as
ice
And you reached
towards the sky...



reaching back at you

		GMAR?	VOCAL?	PROD?
1	ARTEMIS	✓	✓	✓
2	EXHALE, INHALE	✓	✓	✓
3	THE MIDAS TOUCH	✓		✓
4	EVERYTHING MATTERS	✓	✓	✓
5	THE BLOOD IN THE WINE	✓	✓	✓
6	HEAVEN	X	✓	
7	HEATHENS	✓	✓	✓
8	THE WOMAN I AM	✓	✓	✓
9	TEMPORARY HIGH	✓	✓	
10	A CURE FOR ME	X		✓
11	A POTION FOR LOVE	✓		✓
12	BLOODLINES		✓	
13	MAMA YU YU			✓
14	GOD OF WAR			
	Dangerous thing	✓	✓	✓
(15)	x THE INNOCENT			✓
(19)	x THE WAVE			
(20)	x HUMAN NATURE			
15	A.L.P.C.T.M.	✓	✓	✓
16	ANGELS ON EARTH			
17	LIFE OF ITS OWN			✓

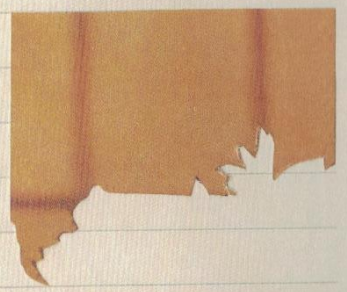
it

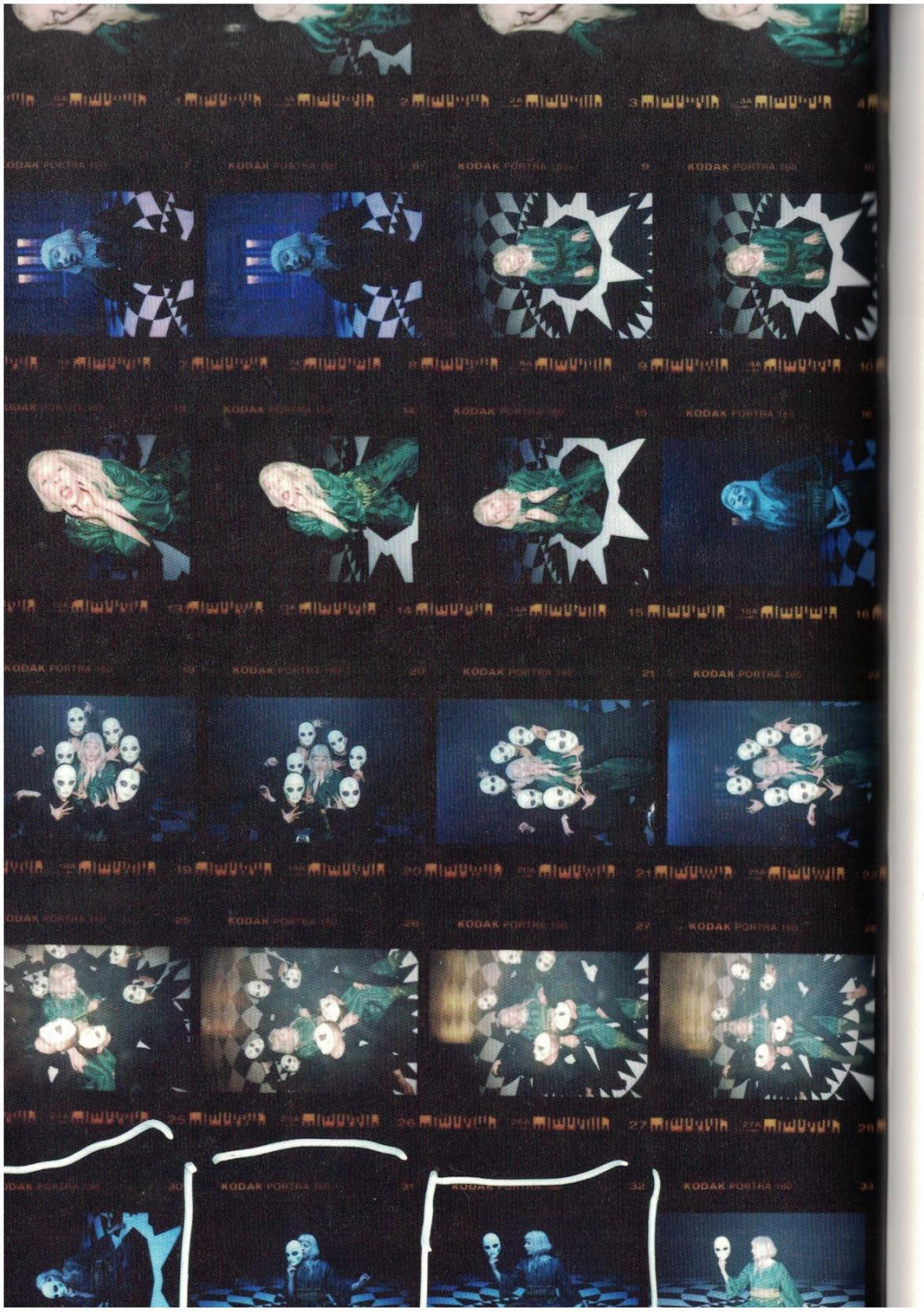
listen to Grace Jones.

↓

4 best songs.

yes. I am a little





A Dangerous Thing

Something about you is soft like an angel
And something inside you is violence and danger
I knew from the moment we met, you are a dangerous thing
When you are with me, I feel like I'm living
And living besides you can be unforgiving
I knew from the very first step, you are a dangerous thing

There's no end to the fall
You keep on getting better
I keep forgetting
There's no love in the end
I hope you'll call
I keep on losing feathers
I keep forgetting
There's no love in the end
No love in the end

Something about you is warm and sedusive
And when you're with me you're cold and abusive
I knew from the second we met, you are a dangerous flame
You are a dangerous flame

There's no end to the fall
You keep on getting better
I keep forgetting
There's no love in the end
I hope you'll call
I keep on losing feathers
I keep forgetting
There's no love in the end
No love in the end

I don't think I know myself, without your help
I wonder why, how you got a heaven deep inside of me
I keep the light on, it keeps me warm
I hate it when I fall for your illusion of love
I know this is not love

There's no end to the fall
You keep on getting better
There's no love in the end
I hope you'll call
I keep on losing feathers
I keep forgetting
There's no love in the end

There's no end to the fall
You keep on getting better
I keep forgetting
There's no love in the end
I hope you'll call
I keep on losing feathers
I keep forgetting
There's no love in the end
No love in the end

I feel so bad for
the people who had
so much good in them.

So much joy.
and life.

Who met the wrong
person. And they were
changed forever. broken.

Its so fragile. How
we can feel so
ruined because of
someone else.

-A Dangerous Thing

A Dangerous Thing

-Bloodlines

theres no end to the fall
you keep on getting better
I keep ~~forgetting~~
theres no love in the end

I ~~know~~ you will come
I keep on loosing feathes
I keep ~~forgetting~~forgiving
theres no love in the end

Something about you
is warm and seduive
But:
When I'm with you
your cold and abusive

I knew from the scond we met
you an a Dangerous flame.....
a Dangerous flame

Something about you
is pure like an angel

But something inside you
is violent and danger

I knew from the moment we met.
you are a Dangerous thing.....

When I am with yo
I feel like I'm living

But living besides you
dam be unforgiving

I knew from the very first Step
You are a dangerous thing....

When I do concerts.
I always look at the crowd.

I look at their faces. So full
of emotion. So pure.
And they are all so beatiful
in their own unique way.

Every Single one.

I think its because they
dont know that I see
them. And they let go for a moment.
and simply exist.

But I do see them.
I always do.

20.10.2020

I often thing that Being unhappy
with yourself is such an odd concept.

I dont really understand it.

Because :——:

None of you know how you look when
you laugh. Or think about someone
you love. How you look when you dream.
Or when youre trying to hold your
tears back. How you look when you forget
what you were just about to say, or
that look you get when you listen
to music.

Thats when youre the most beautiful.
The person you see in your mirror - is not you.

20.10.2020

Artemis

What will you do when she drinks the sea?
Drown her in sorrow or let her be free?
When she's upset, all of her heart is cold
What will you do when she eats the moon?
Make her return it or give her a spoon?
When she is full, all of her heart is warm

The mother made us a savage daughter
Who never begs for forgiveness
I always wondered why they all came back for more

What will you do when she takes your throne?
Beg for her power or throw her a bone?
All that she has traded for love is yours
What will you do when she takes off her clothes?
Beg for her body or touch her soul?
When you're alone dreaming of her you sigh

The mother made us a savage daughter
Who never begs for forgiveness
I always wondered why they all came back for more

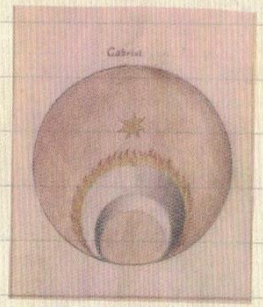
The gods have made us a virgin hunter
Who in the storm becomes stillness
I always wondered why they all came back for more
Came back for more

It can be daunting
to love a women like her.

Wild like the sea
Warm like a flame
Confident like the mountain
and independent like the moon.

A hunter goddess.

"ARTEMIS"



ARTEMIS THE WARRIOR

21.11.2020

What will you do when she
drinks the sea?
Drown her in sorrow
or let her be free?

When she's upset
all of her heart is cold

What will you do when she
eats the moon?
Make her return it
or give her a spoon?

When she is full
all of her heart is warm

The mother made us a savage daughter
who never begs for forgiveness
I always wondered why they all
... came back for more....

What will you do when she
takes your throne?
beg for her power
or throw her a bone?

All that she has
traded for love .. is yours

What will you do when she
takes off her clothes
beg for her body
or touch her soul?

All that she is
a body and mind ... at war

the gods have made us a virgin hunter
who in the storm becomes stillness
I always wondered why they all
.... came back for more....

21.11.2020

When they came to me
I felt unwell, searching for ~~trouble~~ Cover in my mind
they made me tear my insides out
and I was pleased to find...

I had a heaven in me
and the devil I see
is human.
like me.

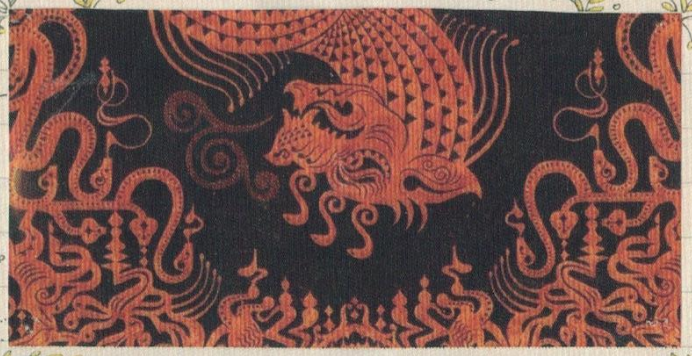
My body was broken, then resculptured
half a woman, half a man
And when I screamed my pain out loud
it felt like the sun was in my mouth

they hit me hard, where I was soft
they kept me in for seven days
they named the price, what it would cost
for me to find my way

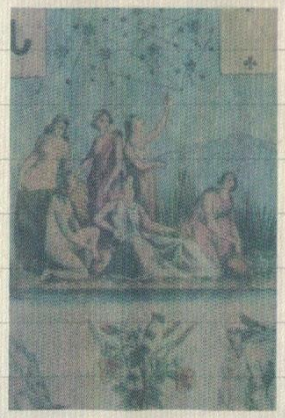
THE DEVIL IS HUMAN.

Walk away
little soldier
When the water reach your shoulder
you know your world is... going under

you better learn how to swim. you better.



22.11.2020



BEAUTY

in an ancient japanese saying
they mean that the
faces we are born with
in our current life.....

.....is the very face
of the person we loved
the most in our previous one.

Dont you dare ever even thinking
you are not beautiful.
you were once your biggest
love. the very definition of
Beauty.

23.11.2020

24.11.2020

TODAY I WAS
NOMINATED FOR A GRAMMY W. "INTO THE UNKNOWN"

And I get this feeling... that I've had before.
I wouldnt have it... i think..
it the pressure of being happy
about it was so high. The world
seems to want me crying, jumping
up and down about it.

I envy so, the people that feel
this kind of happiness. But it's also
sweet to watch it on the faces of
other people.

But I feel nothing. I never
have. over these kind of things

I remember my first time playing shows in
2014. I was so nervous I could ~~~~ vomit.
And I remember feeling (i did vomit!)
the whole univers in my heart while
singing. And with the years I've felt the whole
universe on every show. everytime i sing.
And I've seen it too. in the eyes of the beautiful
Humans in the crowd.

But I never felt anything after. It's like I'm
only capable of feeling happiness in the moment.
first it bothered me. Because with every good
review, every award, every milestone I've never felt
any exitement, when the people around me did.
I felt like something was wrong... and the
lack of happiness resulted in emptiness. sometimes
sadness.

(I feel happiness while creating)
Luckily now. I know why. I understand ~~I~~ I may
be only slightly meant for this Job. Making music.
That I understand. ~~~~ That makes me happy.
The other things dont. And that is okay. As long as I
fill my days with creating. I will be fine. I'll be fine. 24.11.2020

the freedom you'll feel
when you let go of
the expectations the world
has for you. When you
stop doing what everyone
wants. And start doing something
for yourself.

The total bliss.
is worth it. all of it.

do it.

There are places for all of us
out there. There are people out
there who will love us. Look
within, and your body might
carry your soul where it ~~belongs~~.

Belongs. X

I admire so the people who have been
Given the gift of faith. And a
Religion to find comfort, light and
Belonging. Religion can be quite beautiful.

I am spiritual. quite a lot. And I'm curious.

But it's truly sad to me how the human in us
is often related to shame and punishment.
And we aspire to be like our god
perfect.
But then again, no human is..... perfect.

I think that is what I love with the
ancient religions, faiths/beliefs. The gods back
then were more relatable. Greek mythology contains
a whole library of gods and goddesses who
urges us to celebrate every side of what it
means to be a human. And I think that
is why I am so drawn to them. They are Relatable.

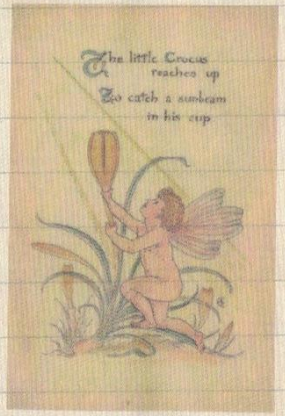
*Wha sdd!!

mak a list ~~every~~ evening
with all the things you have to be
happy about.

Dont forget Aurora.
- Dreams
- sunsets
- cold water
- coconut oil
- ~~Baby porridge~~ it was not good!!
- polar bears
- David Attaborgh
- Gustav klimt
- Autumn leaves
- rain
- hope. it will be better.
- I am actually exited for the future.
- MOUNTAINS!!!

- trees. especially those you can climb
- my piano. the sound of my piano.
- my source of inspiration
- nature and love.
- wherever my melodies come from
- wherever my words come from
- my heart, mind, and soul.
- my family. my sisters.
- my warriors
- my current ok mental health
- New tea i just bought
- cats
- black cats
- BLM - movement. enviromental movement feminist!!
- wine. kiwis. (yellow kiwis)
- my plants

I feel better.
I actually do.

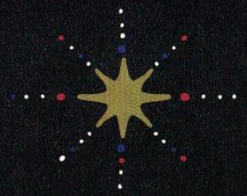


Goodnight ^

Cure For Me

Written after real experiences of conversion therapy.

Never should we feel like we have to cure ourselves
from something so innocent as our nature in love.



Cure For Me

I run from the liars, the fuel on the fire
I know I created myself
I know I can't fight the sad days and bad nights
But I never asked for your help

You got hurt
No, we don't belong together
So you took the love from my arms
Into the arms of yours

But I don't need a cure for me
I don't need it
No, I don't need a cure for me
I don't need it
No, I don't need a cure for me

I don't like the tension, the misapprehensions
About our nature in love
The glorious teachers are no use for creatures
Who knows how to play with the gods

You got nerves
But they never show unless they hurt
So you blamed it all on my love
The moving heart I got

But I don't need a cure for me
I don't need it
No, I don't need a cure for me
I don't need it
No, I don't need a cure for me
I don't need it
I don't need it

Please, no cure for me
Please, no cure for me, cure for me
Cure for me, please, no cure for me, cure for me
Cure for me, please, no cure for me, cure for me, cure for me

(And you need to know I don't need it)
I don't need it
(And you should know)
I don't need a cure for me
No, I don't need a cure for me
(And you need to know I don't need it)
I don't need it
(And you should know)
No, I don't need a cure for me

I pay no attention
to misapprehensions
to what who should do with our hearts

the "glorious" teachers
are no use for a creature
who knows how to play with the gods

you get nerves
But they never show
unless they hurt
So you blamed it all
on my love
the moving heart I got

I fall so
easily in love.
I love loving

And I don't need a cure for me
me.....

CURE FOR ME

But I don't need a cure for me.

I run from the liars,
the fuel on the fire
I know I created myself

I know I can't fight
The bad days and the sad nights
But I never asked for your help

you get hurt
but we don't belong
together
So you took the love
from my arms .... into the arms of hurt

But I don't need a cure for me
I don't need it
I don't need a cure for me
I don't need it

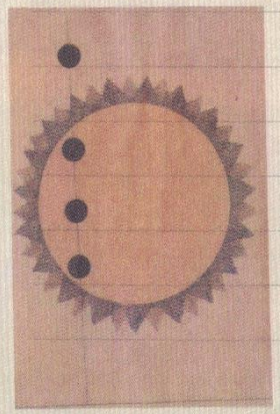
A CURE FOR ME

I remember really thinking when I was young that something was really wrong with me it didnt bother me much But I remember thinking

I need to make a hat like this. DO NOT forget!!!

MUSIC VIDEO:

Bizarre it needs to feel celebrating, and liberating.



But now I know I am completely fine. and ill be fine. And there are so many people like me out there.

I dont need a cure for

Why is it so bad, that my head is always in the clouds! I like it there.....♥

Thoughts

Its interesting to me how the grim reaper is always thought of as this scary creature.

But I think its a wonderful thing that he shows up So we wouldnt have to enter Death alone. He will keep us company.

Everything Matters

I'm driving your car with you sleeping in the seat next to me
Like a baby, you twist and you turn
You're travelling fast like a bird in a dream

Look at it go, look at it dance over the sky like a rocket
A love machine, a cinematic dream
So pure and it hurts when the beauty is lost in the speed
'Cause everything matters to me
(To me, to me, to me, to me)
To me

You're a part of the dawn where the light comes from the dark
You're a part of the morning and everything matters
Here we are, an atom and a star
You're a part of the movement and everything matters
(To me, to me, to me, to me)

I'm watching a storm turn into form
In the clouds of the world like a burst
It dances and it twirls on top of the world
It is good and it hurts

Look at it go, look at it dance over the sky like a rocket
A teacher, a simulated dream
A cure, a cure for the hurt
And the pleasure you feel is real

You're a part of the dawn where the light comes from the dark
You're a part of the morning and everything matters
Here we are, an atom and a star
You're a part of the movement and everything matters
(To me, to me, to me, to me)
(To me, to me, to me, to me, to me)

Quelque part avant l'aube
Quand la lumière veut nous voir
Quelque part dans le monde
Un oiseau s'endort sans bruit
Toi et moi, dans la nuit on trouvera
Quelque part où déposer les fleurs qu'on a cueillies
Pars avant l'aube
Quand la lumière veut nous voir
Quelque part dans le monde
Un oiseau s'endort sans bruit
Toi et moi, dans la nuit on trouvera
Quelque part où déposer les fleurs qu'on a cueillies
Pars avant l'aube
Quand la lumière veut nous voir
Quelque part dans le monde
Un oiseau s'endort sans bruit
Toi et moi, dans la nuit on trouvera
Quelque part où déposer les fleurs

Wake up. → eyes at same time open

Only a few colours!

Sitting in bathtub

I go to store to buy tomato cans

eat at table. (tomato soup)

looking out window

bed.

After bathtub. Bathtub: (3 min)

filled with fish. animal. leafs.

fish in water

Hold our nose, dive into bathtub

in TV. in tub. Parallel world: Sun / moon

Soup. sink.

Clock. fill in closet Dance.

eat tomato soup .. circle

we Switch sides. I can't breathe!!!

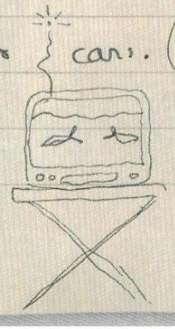
gonna buy tomatoes.

We both wake up. Almost out of breath

We don't sleep. Open eat.

We don't

pack the tomato cans. (it opened on the floor.)



Everything matters

Do you want to go to your favourite place?

I'll take you there...

...Just get in the car.

After tomato can
water tomato soup
water soup
fish soup

you can sleep.

its fine ..

I'll wake you up when we

get there.

I promise

(I'll be driving you. and you'll be gone.

but within your mind, during those last moments ... you had the dawn infront of you. like we were driving into the last light of the sun)

Everything mattered to us. the beauty in the world. the sunsets. the small joys. That is what life was to us.

06.12.2020.

I'm diving your car ... with you, sleeping in the seat next to me like a baby ...

you twist, and you turn .. you are travelling fast like a bird .. in a dream...

look at it go!
look at it dance!
over the sky, like a rocket
a love machine
a cinematic dream
so pure.
and it hurts when the beauty is lost in the speed

cause everything matters to me
to me
to me.

you're a part of the dawn
when the light comes from the dark
you're a part of the morning
and everything matters

here we are, an atom and a star
you're a part of the movement
and everything matters

to me
to me

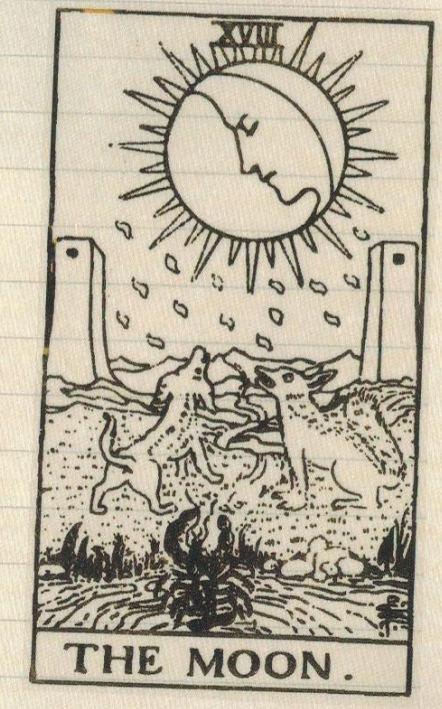
EVERYTHING MATTERS

I'm watching a storm .... turn into form
in the clouds of the world
like a burst

it dances and it twirls, on the top of the world
it is good ...
and it hurts ...

... look at it go!
look at it dance
over the sky ...
like a rocket
a teacher, a simulated dream

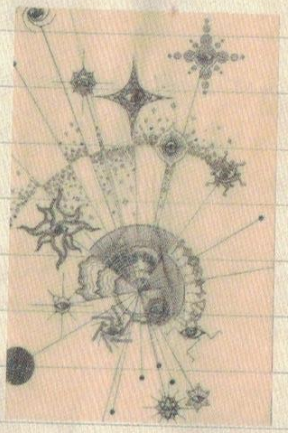
a cure. a cure
for the hurt and
the pleasure you
feel ... is real



NEED FRENCH ENDING!!!

gomme.

06.12.2020



you're awake and love is blind
you close your eyes.. and let your hands
go seach and find

And everytime you turn around
~~you~~ our point of view is not right

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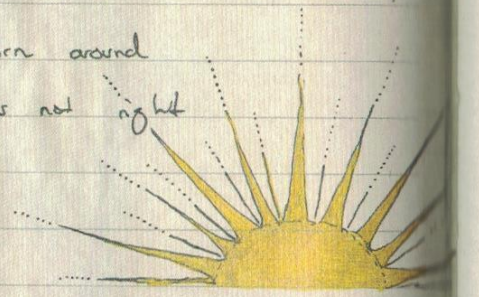
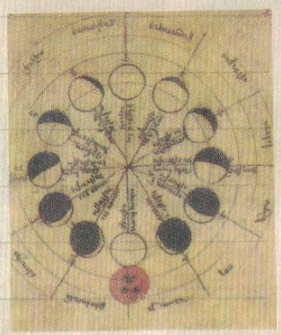


(Cause I
I would??)

And i believe, when you tell me so
because I saw the words come alive
so slow... that I... could see...
....the soundwaves...
and on the waves I could see a
boat.. So every letter can stay afloat

my mind... is filled... so right.. so right

THE MEDICINE



in between two broken minds
there is no harbour

(I can feel both of us)
(I can't heal both of us)

And everytime I turn around
my point of view is not right..

DELUSIONAL
(CANNOT TELL WHAT IS)
REAL OR IMAGINED

Golden lines, from yours to mine
→ dellutional(??) bloodlines

All i want is something ~~small~~
~~to stop the bleed~~ I know you
can give... find a way this
time so both of us can live
Small joys, long nights
delusional bloodlines

All i want is something small
to stop the bleed..
And I know you got the medicine
I need

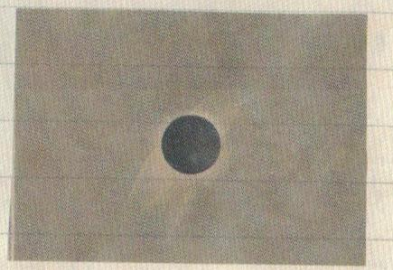
08.12.2020

- the medicine

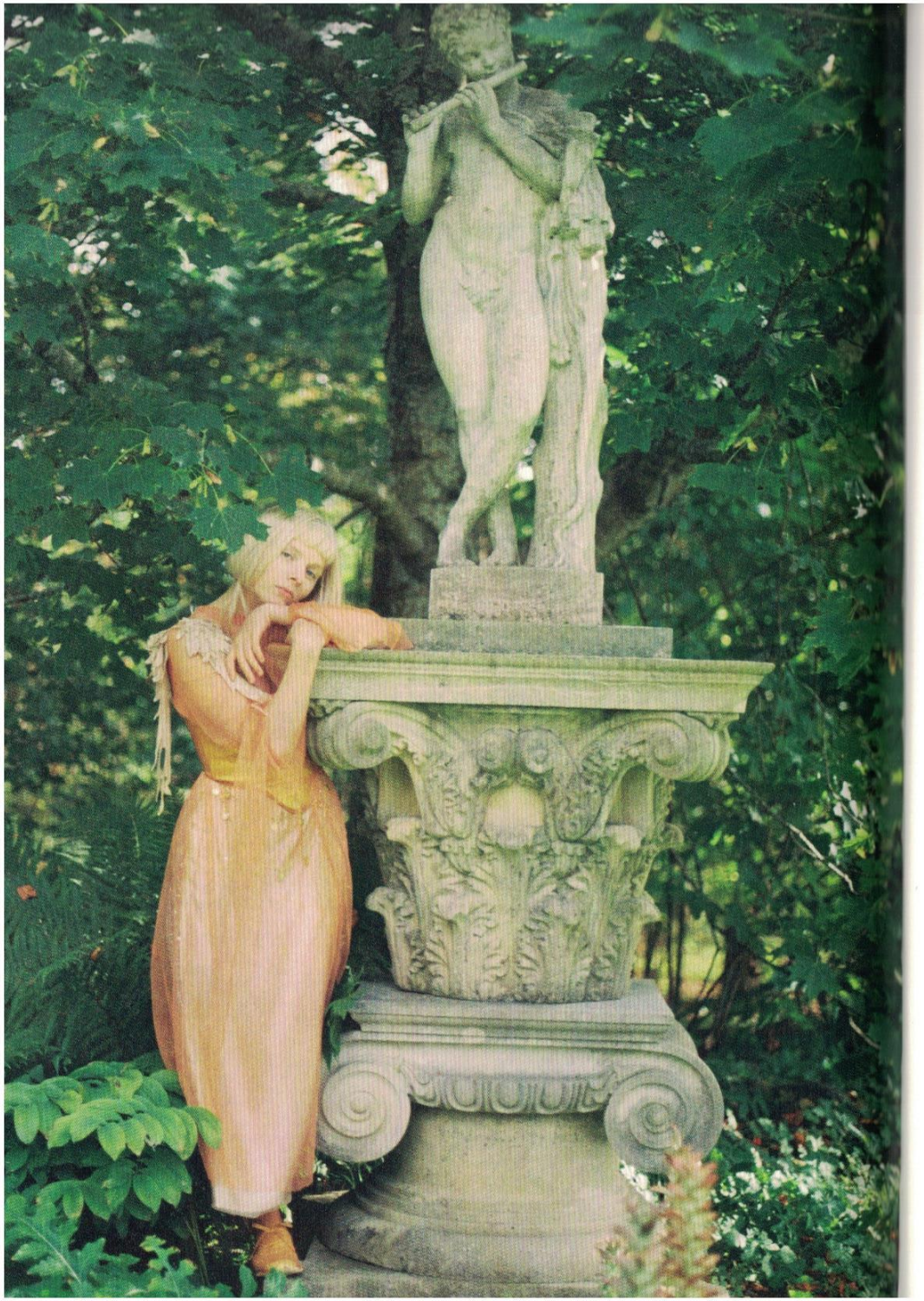
Being human is such an extreme sport.
Being alive is such an... intense experience.

We all have our own kind of medication. that thing, that makes life a possible thing to execute.

Some people's medicine is so addictive that it is no longer possible to live life without it. Some people's medicin takes them so far away from this world, that it is too painfull to go back. We should take care of those people. ——→



I know them exeiencr. These lost soul are often the most kind-hearted people.



This Could Be A Dream

Look up at the light
This could be a dream or it could be real
Dive into my mind
And don't come up for air, you won't need it here

Can I move you? Can I soothe your fear?
Could you trust love if I prove it's there?
Oh, I need to know it too
And now I don't feel you

So I lift myself and I close my eyes
And I sing sometimes to know I'm alive
I know I should figure this out on my own
But if you come by, could you take me home?
I get back up when the wind is strong
But I wish I knew how it felt to run
I know I'm not alone
And if you come by, could you take me home?

Feeling so alive can hurt so very much
When you're losing touch

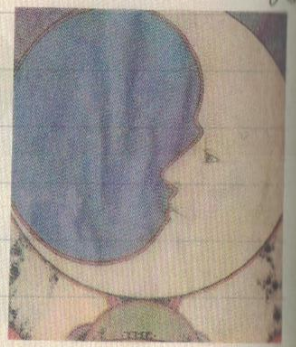
But if I touch you, would you feel it there?
Could I trust love even if I'm scared?
Oh, I wish I could give like I'm longing to give
Oh, I wish I could live like I'm longing to live

And I lift myself and I close my eyes
And I sing sometimes to know I'm alive
I know I should figure this out on my own
But if you come by, could you take me home?
I get back up when the wind is strong
But I wish I knew how it felt to run
I know I'm not alone
And if you come by, could you take me home?

This could be a dream
This could be a dream

And I lift myself and I close my eyes
And I sing sometimes to know I'm alive
I know I should figure this out on my own
But if you come by, will you take me home?
I get back up when the wind is strong
But I wish I knew how it felt to run
I know I'm not alone
And if you would come, could you take me home?

THIS COULD BE A DREAM



Look up at the light...
this could be a dream
or it could be real...

dive into my mind...
and don't come up for air
you won't need it here

can I move you?
can I soothe your fear?
can you trust love? if I prove it's there?

oh I
need to feel it too
Right now I don't feel you.

So I lift myself, and I close my eyes
and I sing out loud, to know I'm alive
I know I should figure this out on my own
But, if you come by ... could you take me home?
I get back up, when the wind is strong
but I wish I knew how it felt to run
I know I'm not alone
if you come by
could you take me home?

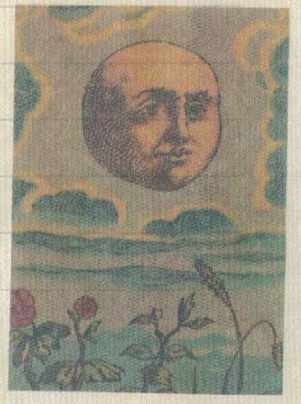
Being so alive
can hurt so very much
when you're losing touch

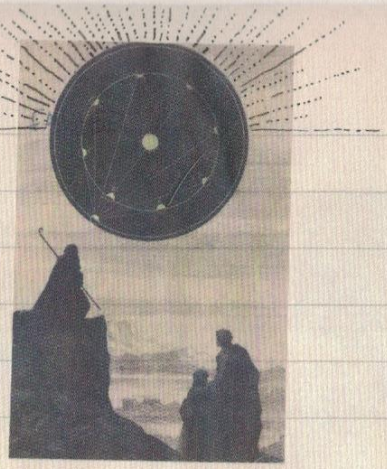
~~could i be replaced?~~

Could I be replaced
what used to be
a heart.
is now an empty
—> Space.

But if I touched it?
Would i feel it there?
could I find love?
~~even if I'm weak?~~ even if I'm scared

Oh I wish I could give
like I'm longing to give
I wish I could live like I'm longing to live

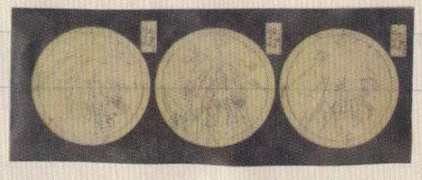




father, dont blame us
for trying to live
for trying to love... for wanting more
father dont blame us
for trying to bleed
like real Human beings
and nothing more

you can burn the skin I live in. But you cannot

Burn the witch away....



Why do you dress our pleasure up as greed?
While your limiting our love
taking sunlight from the seed

Why did you give us hearts we don't understand
like an apple in our hand...
that you'll never let us have

if I hear you dont like it
I dont care if you dont....
← (REF)

Oh, do you envy how I'm free
How the life in me is real
running barefoot through the field

Do you like to watch me kneel
ever so the way it makes you feel

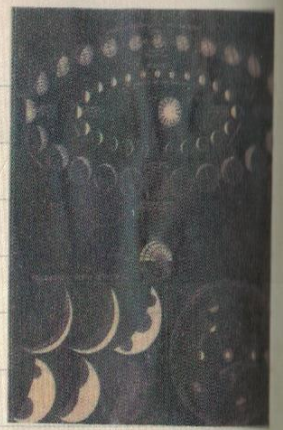
and I hear you dont like it, I don't care if you don't
(REF)

ALBUM LIST :

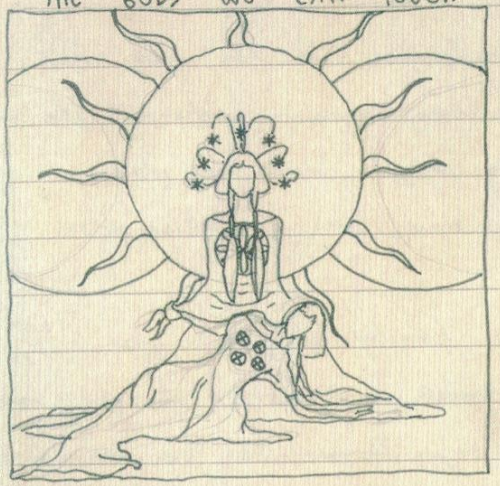
1. HEATHENS
2. A CURE FOR ME
3. THE MEDICINE
4. TEMPORARY HIGH
5. DANGEROUS THING
6. EXIST FOR LOVE
7. FATHER (THE DEVIL IS HUMAN)
8. EVERYTHING MATTERS
9. ARTEMIS
10. THE INNOCENT
11. EXHALE INHALE
12. THIS COULD BE A DREAM
13. ~~EXHALE, INHALE~~ BLOOD IN THE WINE
14. A LITTLE PLACE CALLED THE MOON

XTRA : MAMA YU YU

HEAVEN



THE GODS WE CAN TOUCH

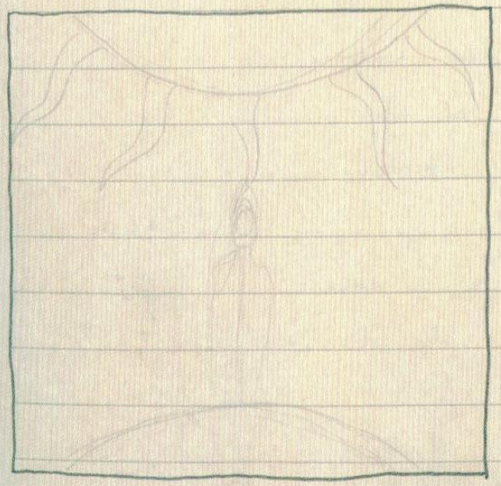


→ is Aphrodite's sign. GREEK SYMBOL for "LOVE"

→ symbol for earth

Let love carry us.

→ a dying world being held by love.



12.12.2020

HEATHENS

She bargains with the world
So everything she wants will come to her
With no greed inside her mind
She knows what she deserves

We fell from sky with grace
And landed in her soft and warm embrace
She gave her love, her gift of life
So we could live with her

That is why we live like heathens
Stealing from the trees of Eden
Living in the arms of freedom
And everything we touch is evil
That is why we live like heathens

The stone, the dirt, the dust
The unforgiving promise made to us
Unworthy of your light, your god, your touch
We're guided by the lust

We cry the fallen names
We cry for those you burned beneath the flame
We stand besides the good and brave
The broken and enslaved

That is why we live like heathens
Stealing from the trees of Eden
Living in the arms of freedom
And everything we touch is evil
That is why we live like heathens

Everything you touch will be hers
A mother with no heart will give love

Her love is yours, but only if you give your heart to her

That is why we live like heathens
Stealing from the trees of Eden
Living in the arms of freedom
And everything we touch is evil
That is why we live like heathens

That is why we live like heathens
That is why we live like heathens

HEATHENS

She bargains with the world
so everything she wants, will come to her
with no greed inside her mind
.... she knows what she deserves

We fell from sky with grace
and landed in her soft, and warm embrace
She gave ~~to us~~ her love, her gift of life
so we could live with her

That is why we live like heathens
stealing from the trees of eden.....
living in the arms of freedom.

and everything we touch is evil....
That is why we live like Heathens.....

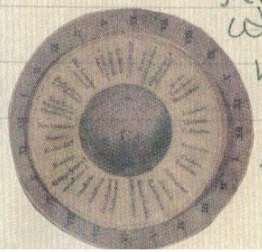
What is why we live like Heathens

The stone, the dirt, the dust
the unforgiving promise made to us
unworthy of your light, your god, your torch
were guided by the lust

We cry the fallen names
we cry for those you burned beneath the flame
we stand beside the good and brave
the broken and enslaved...

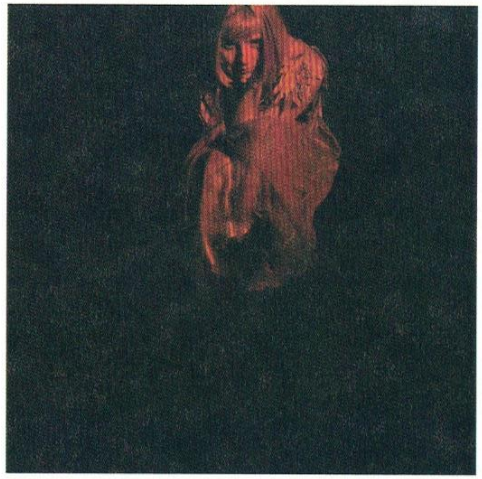
Everything you touch...
will be hers...
A mother with no heart
still gives... love...

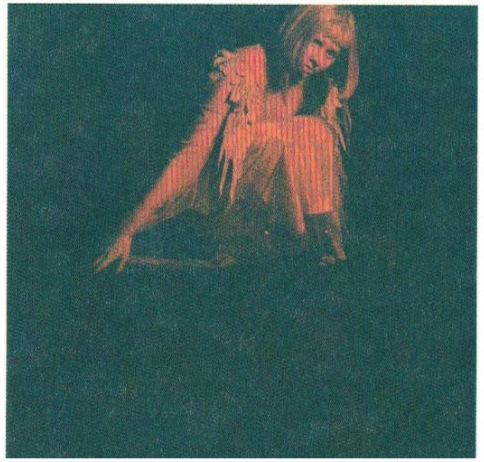
She'll give you love... ↻
~~When you were born~~ But
~~he promised you mercy~~ only if
~~and now the time has come~~
to give yourself to HER.



THE GODS WE CAN TOUCH

01.01.2021





You Keep Me Crawling

If I keep, if I keep forgiving
Maybe I'll believe that you never meant for life to hurt for me
Maybe I'll recover if you'd set me free

But why does it make me feel like I am weak and small?
Why do I keep begging like the animal?
Maybe it's because I need to serve someone

So, you keep me crawling on my knees
Oh, you keep me crawling on my knees
Oh, you keep me crawling on my knees
Lord, you keep me crawling on my knees
Lord, you keep me crawling on my knees
Lord, you keep me crawling
Oh, you keep me crawling
Lord, you keep me crawling

If I keep, if I keep confessing
Maybe I'll believe that you never meant for love to hurt for me
Maybe you could feel a little sympathy

But why do I make you feel like you are big and strong?
Why do you keep hunting like an animal?
Maybe it's because you need to own someone

So, you keep me crawling on my knees
Oh, you keep me crawling on my knees
Oh, you keep me crawling on my knees
Lord, you keep me crawling on my knees
Lord, you keep me crawling on my knees
Lord, you keep me crawling
Lord, you keep me crawling
Lord, you keep me crawling
Lord, you keep me crawling
Lord, you keep me crawling on my knees

If I stop, if I stop believing maybe you will see
Giving in to love should never hurt for me
Giving in to love should set me free

CURE FOR ME

TEMPORARY HIGH

CHAOS

GOD THAT FILLED THE NOTHINGNESS BETWEEN HEAVEN AND EARTH.

DANGEROUS THING

PEITHO

THE PERSONIFICATION OF SEDUCTION AND PERSUASION.

PEITHO, GODDESS OF SEDUCTION

HEATHENS

~~BACCHUS — GOD OF WINE~~

PERSEPHONE

QUEEN OF THE UNDERWORLD

QUEEN OF THE DAMNED

EXHALE, INHALE

OIZYS

GODDESS OF ANXIETY GRIEF AND DEPRESSION

THE INNOCENT

BACCHUS

GOD OF ECSTASY FERTILITY, FESTIVITY MADNESS & GOD OF WINE ~~AND~~

EXIST FOR LOVE

APHRODITE. GODESS of love pleasure, passion, beauty & desire

Love song

HEAVEN

ZEUS & POSEIDON. BROTHERS.

PROTECTOR of MAN & GOD of SEA

BECAUSE.. SONG IS DEDICATED TO MY SISTERS.

ARTEMIS

ARTEMIS

GODDESS of THE HUNT.

THE WILDERNESS

THE MOON.

A SAVAGE DAUGHTER

THE BLOOD IN THE WINE

~~BACCHUS~~ EROS

~~THE GOD of WINE~~

~~ECSTASY, MAD~~

THE GOD of SEXUAL DESIRE. "COME AND FEEL ~~THE~~ ALIVE, LOVER"

EVERYTHING ~~MATTERS~~

ATLAS.

HE CARRIED THE WHOLE ~~STORED~~ HEAVENS ON HIS SHOULDERS.

THE DEVIL IS HUMAN

HADES

KING OF THE UNDERWORLD

THIS COULD BE A DREAM

MORPHEUS

GOD of DREAMS.

GOING TO THE MOON

~~L.O.V.E.M~~

Eirene

GODDESS of PEACE

POTION FOR LOVE

PAACEA

GODDESS of HEALING

It is said she used to carry magic potions which could cure any desease

THE MEDICINE I NEED

Giving In To The Love

I'm losing my connection
I'm tired of the rules and your corrections
I want to live my life, be all of its pages
And underline that I am not an angel

'Cause if I'm not pure, I guess that I'm too much
I never know how to keep in, keep in touch

If I'll be somebody, I'll never let my skin decide it for me
I never had the world, so why change for it?
I never had the world, so why change for it?

Giving in to the love
Giving in to the love
Giving in to the love, the love, the love, the love

Someone out there is trying
To find somebody whole, who is not dying
But everybody cries and nobody comforts
The television lies and now my mind hurts

And if I'm not loved, I guess that I am cursed
I gotta know how to beat it, beat it first

If I'll be somebody, I'll never let my skin decide it for me
I never had the world, so why change for it?
I never had the world, so why change for it?

Giving in to the love
Giving in to the love
Giving in to the love, the love, the love, the love, the love

Now it's almost been a year
since this pandemic started.

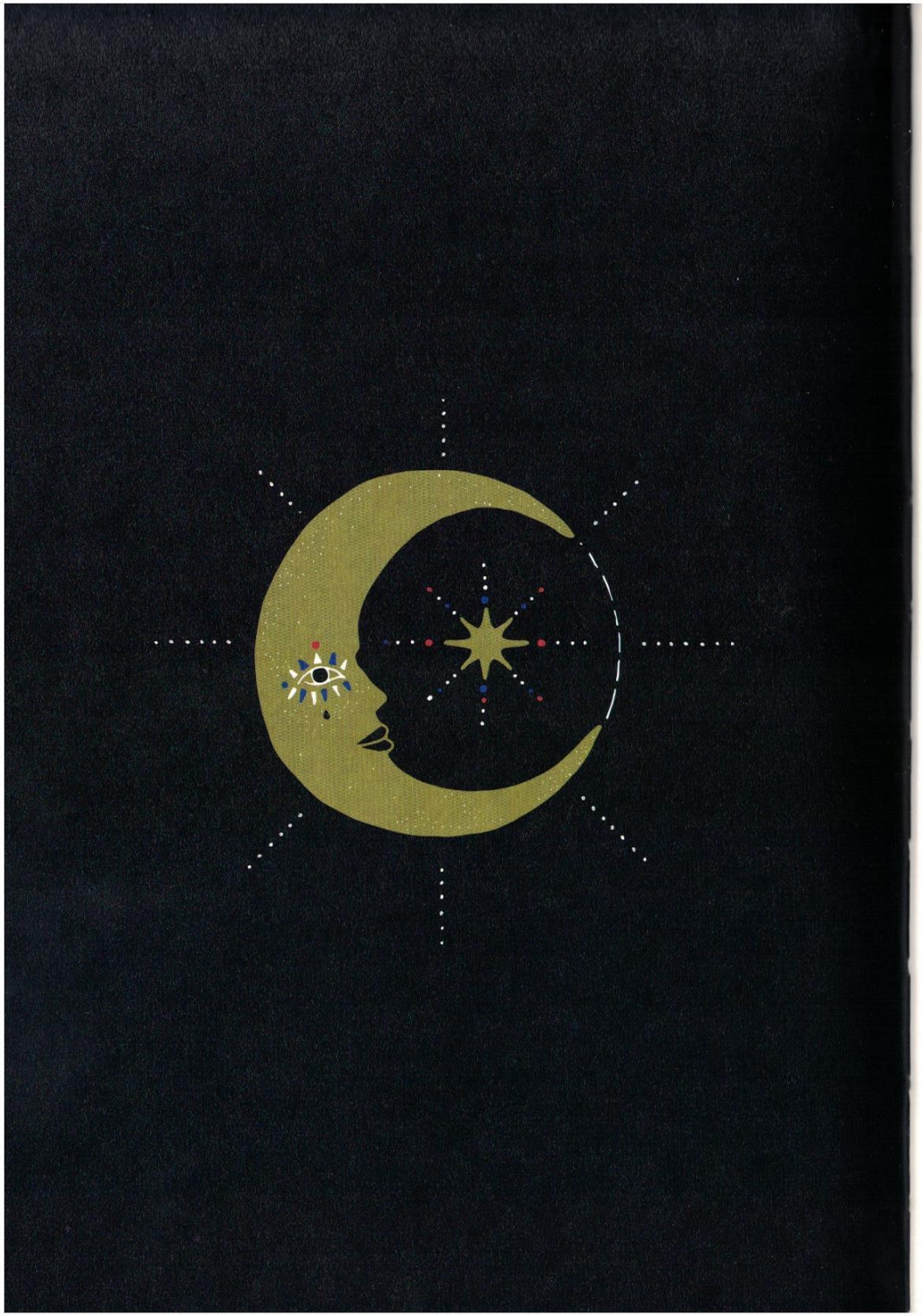
since the first seed - EXIST FOR LOVE
was recorded.
And since this new era truly started.

I often feel a tiny bit smaller.
or emptier.
after an album is written.
But I don't mind it.

But I don't know how many
Albums I'll have enough-of-me
to make.

And that is okay too.
I enjoy not knowing.

14.04.2021



A Little Place Called The Moon

I can see it in my mind
I can see them get in line
Like a dream about to bloom
We are going to the moon

I can see it in my mind
I can see them get in line
Like a dream about to bloom
We are going to the moon

Like a dream about to bloom
We are going to the moon
Like a dream about to bloom
We are going to the moon
Like a dream about to bloom
We are going to the moon

A LITLE PLACE CALLED THE MOON

I've had the idea in my mind
for quite some time.

I'm imagining this Native americam
man riding on a horse, in the desert.

proud. strong. ethereal. at one with his quiet surroundi
riding smooth. like the wind.

After a while you can see the end
of a line that seems to be going forever
into the horizon.

the native american stops, at the end of the line.
there are women, children, men, from all corners
of the world. from all religions.
they are all here. standing in line.

then you see this spaceship. massive. All the people
are going in.
WE are all going to the moon

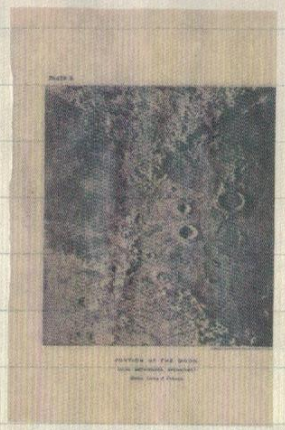
I see my fans go though so much. Many of them have experienced so much pain. I respect them so much. Because without knowing them. I already know, they need my music for a reason. I dont know if knowing this pain makes our capability of expressing ourselves through music more intense... and pure and forceful.

But it's clear to me that a lot of the music that comes from pain (if the source is pure pain, or the wisdom you get after experiencing it doesnt really matter. What matters is that it changes you. and your art)

and its clear to me that a lot of the cultures in the world, with painful histories has this incredible source of something ... divine ... when it comes to their expression of music. and I know the importance of acknowleding that.

I would not be here, I would not be connected to music, in the way I am without pain. I would neither be here without what I've learned from native americans. or the sami-people here in Norway. That is were my deepest respect is aimed towards. Them. The knowledge. the wisdom. the connection to nature. the respect. The nature calls. the freedom, and pure emotion in music. The everything. So thank you... for bringing true music to this earth.

A LITTLE PLACE CALLED THE MOON

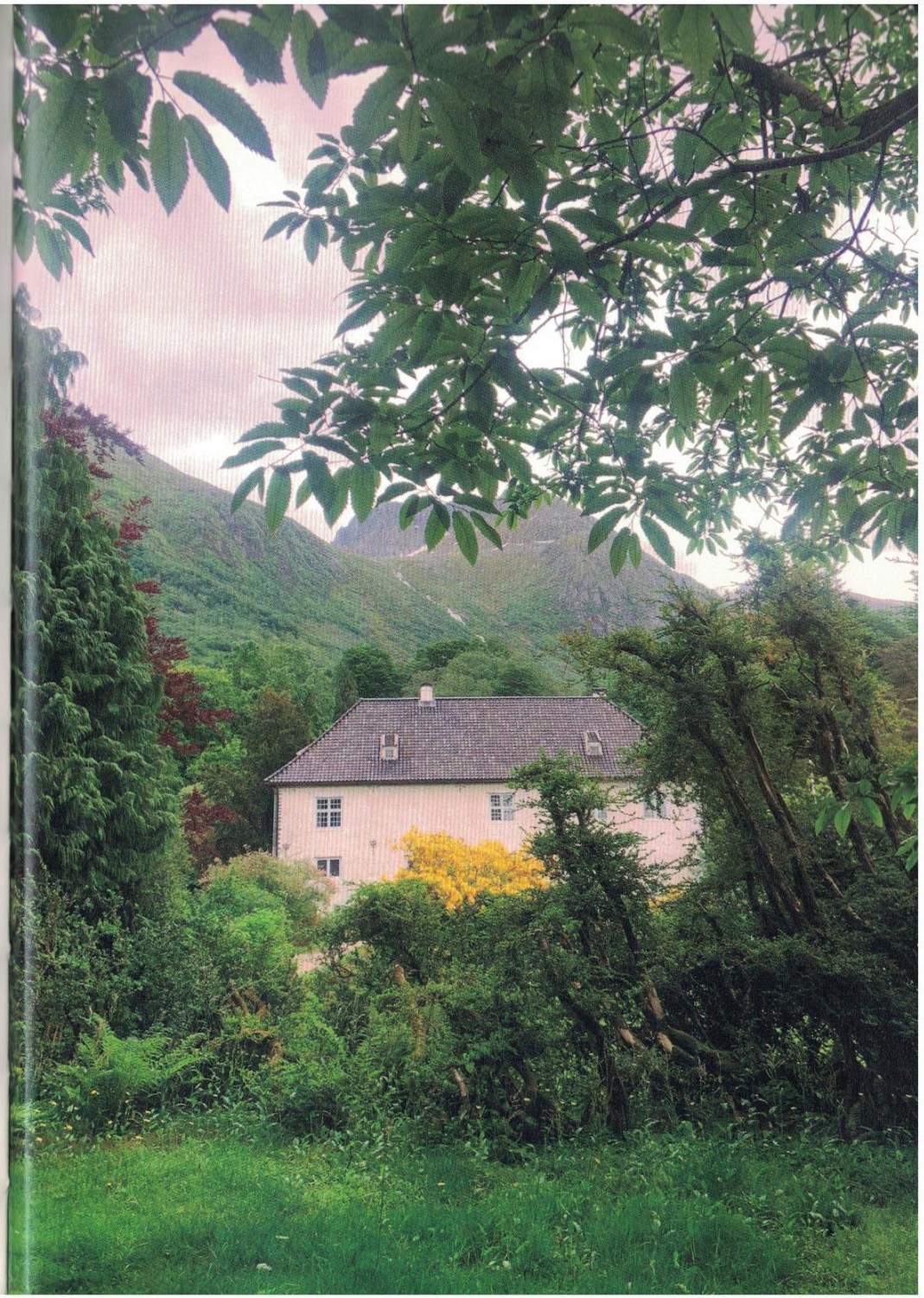


(nature song xxxxxx)

I can see it in my mind
I can see them get in line
like a dream about the blue
were all going to the moon

I can see it in my mind
I can see them get in line
like a dream about the blue
were all going to the moon

I will forever leave a piece of my soul here.
'The valley of roses'



Who to thank:
Always Remember who helped you on your way x

Magnus. My dear, companion throughout my Carreer
my Best friend.

thanks to Autumn.

Rosendal. the mountains. the earth.
Ane Grethe and Reidar, for all those dinners.
the stories and the wine.

Ludo, for his amazing cooking. for the desserts.
To the whole team. Petroleum, Decca, Glassnote. Mad.
Astyell and Fredrik. Alexander. who helped turn this
child into what it deserves to be.
to Glen. To my family. To Gair and Helga.
To my fans. My friends.
To Nina simone. Grace jones.
To women.
The black community, and BLM movement. who re-started
a fire in me. In - so many.

to the world. for all its mistakes, well hopefully
learn from.

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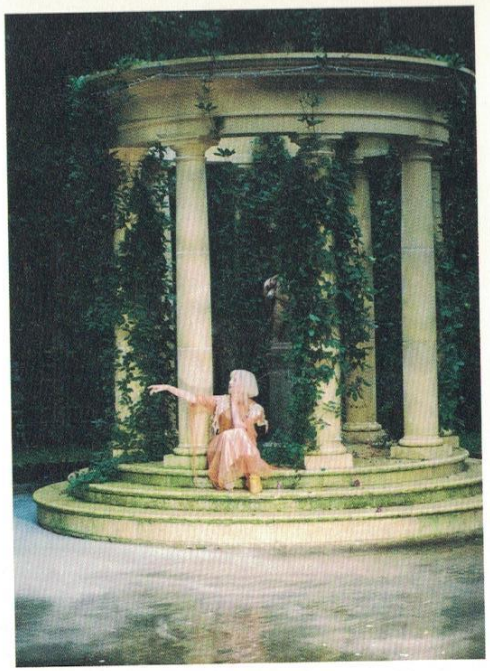

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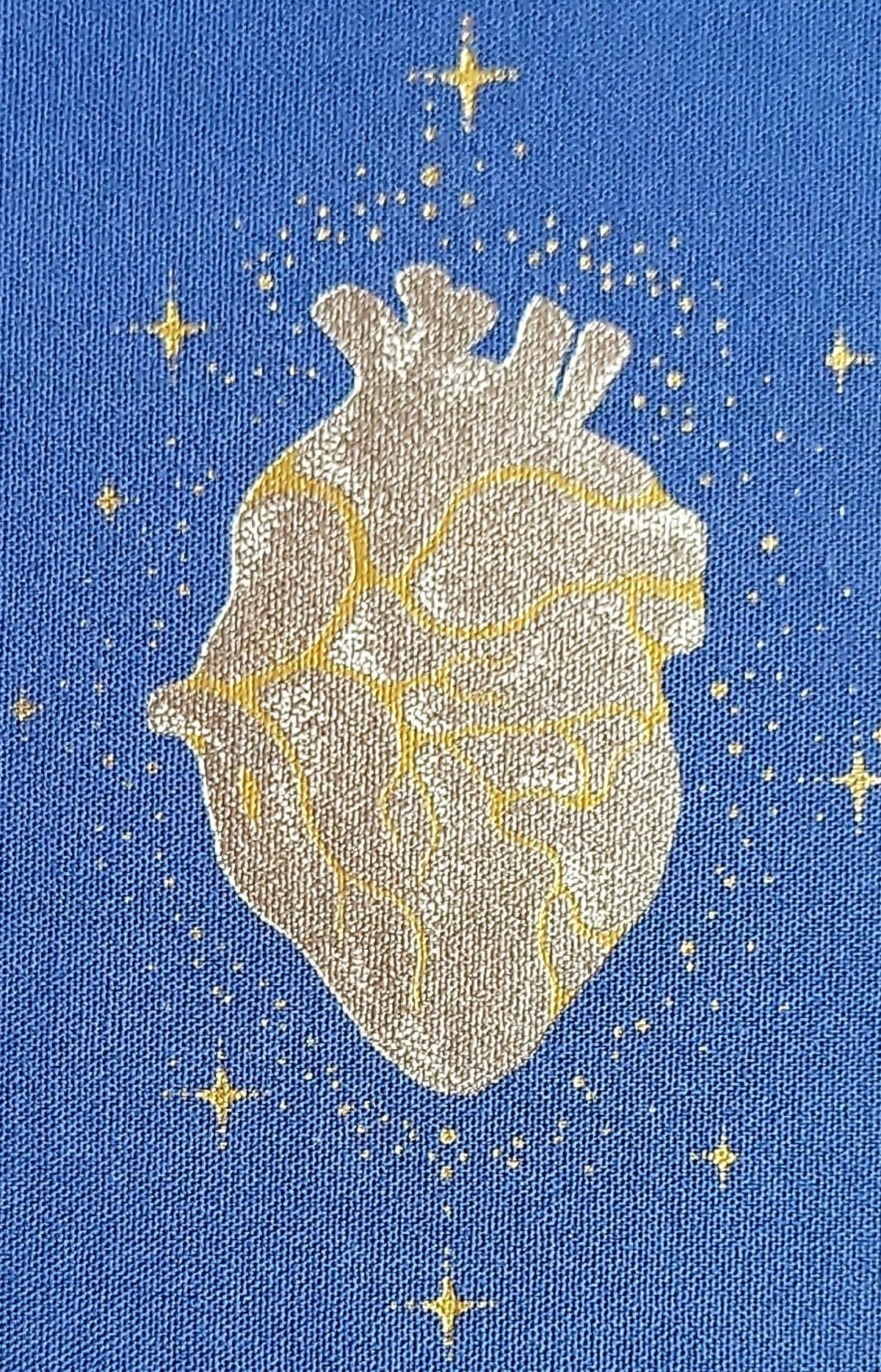
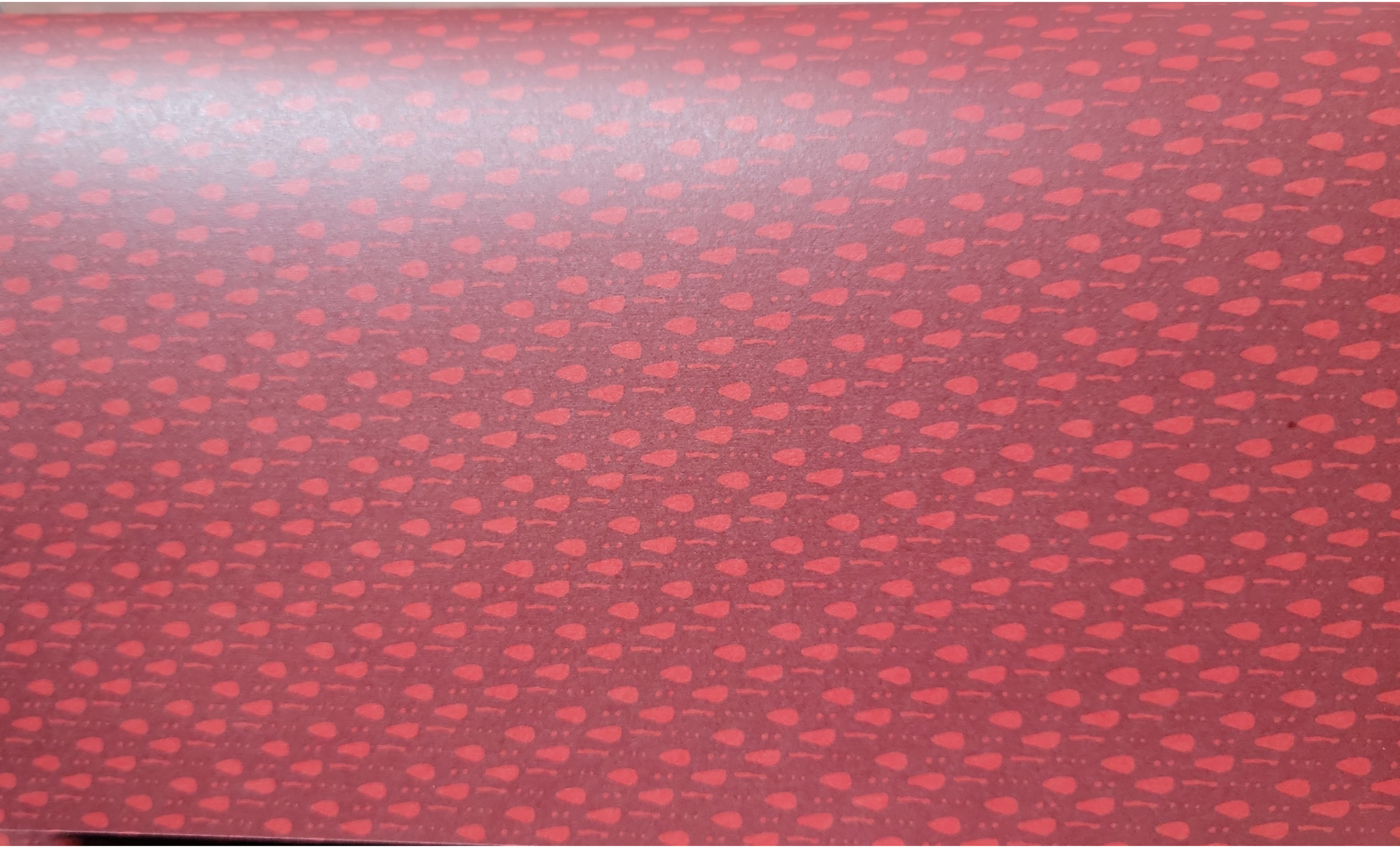
AURORA



WHAT HAPPENED TO THE HEART?



AURORA

WHAT HAPPENED TO THE HEART?

DECCA

FABER MUSIC

WHAT HAPPENED TO THE HEART?

WHAT happened to the heart?

I found myself in a dark place.
I felt alone.
And not like myself.

The more time I spent in there I learned that the dark place
that seemed to go on forever, had walls.
Traces of what used to be windows and doors all around me.

With time I noticed the others.
There were so many people here, that I hadn't even noticed.
We were somehow all here together, yet alone.
What happened to us?
And how did we end up here?

We called out through the cracks in the ceiling but found no compassion in the eyes of the people looking down at us. We tried to carve open our windows and got pushed down for trying to stand up for ourselves.

We don't see each other like we should.
And we don't feel each other.
And when we do see each other, something strange lies in the way
of the invisible lines that should tie our hearts together.

And I wondered why is it so hard for us?
To love ourselves. And to love each other.
To connect to the earth around us, and every living thing in it.

We're all just sitting in the dark, thinking we're alone.

But we are not alone.
We never were.
And we never will be.

Who led us here?
And how could we fail each other so deeply?
Our ancestors and our past.
The indigenous voices speaking truths older than time.
Our children, our future.
Ourselves.

It seems we have forgotten the true value we carry within us, the true value of our time here on earth and how not to waste it away. The true value of the people and cultures and voices that coexist with us.
It's all so wrapped up in power.

The power of money.
The power of beauty.
The power of lying without ever getting caught.
The power of violence.
The power of fear.

And as I sat there in the dark, I decided to write. I needed to write something good to myself. And also something good to the people who sat in the dark with me.

And it all began with a very large question.

What happened to the heart?

AURORA
June 2024

WHAT HAPPENED

TO THE

HEART?

Aristotle - the heart creates the blood?

Platon - the heart circulates the blood?

Hippocrates - the heart bring the blood through the body to the lu

MENON

the HEART pumps blood with a rhythm.

Enistratos - the heart is a pump?

THE UNANGAN ELDERS referred to the heart as a source of wisdom. And a deeper portal of profound interconnectedness and awareness that exists between humans and all living things.

the spiritual

as

the HEART is a muscular organ in most animals.

divided into 4 chambers.

in humans the heart is

approximately the size of

a closed fist between the lungs.

Humans have known abot the heart,

since ancient times.

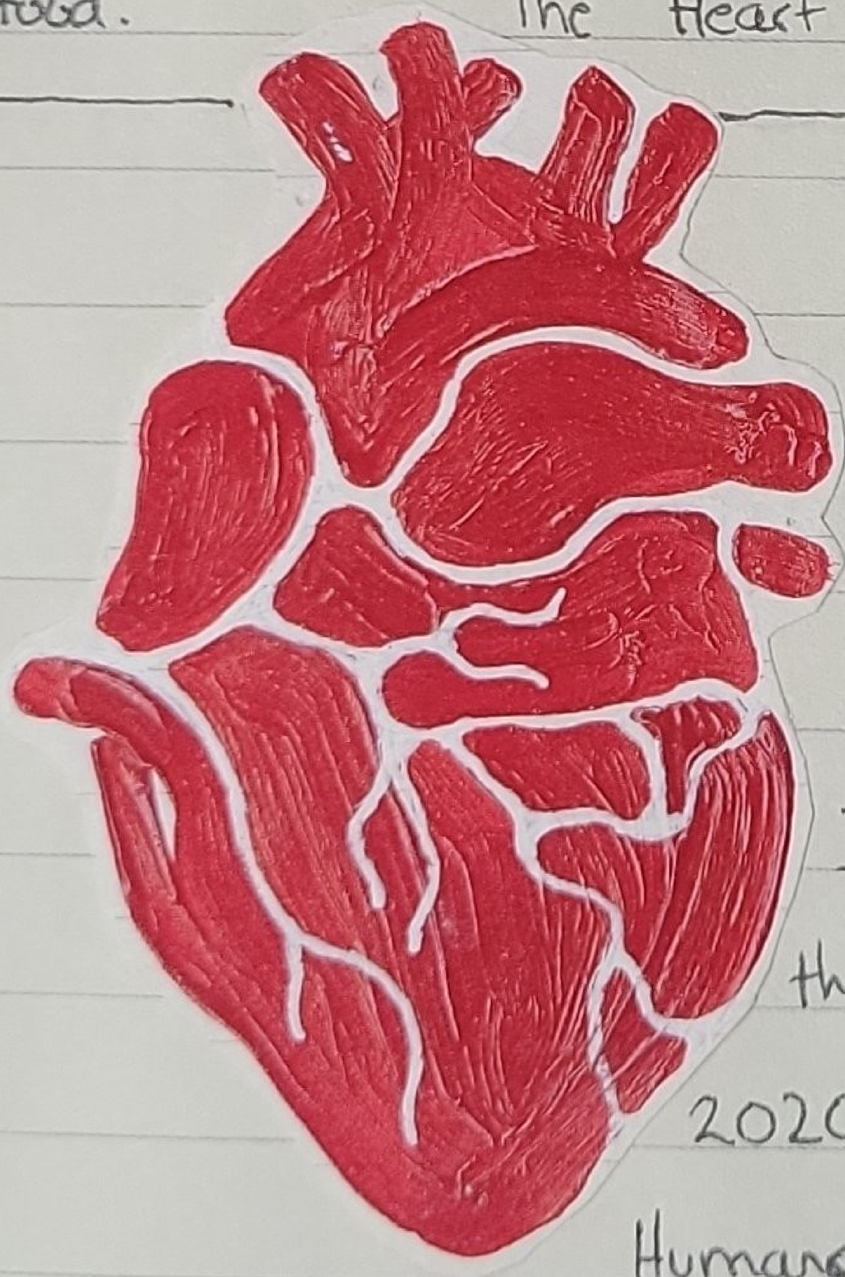
Allthough its precise function

and anatomy were not clearly

understood.

The Heart was believed to be the center

of emotion.
of the soul.
our consiousness
of intention.



UNTIL we decided these

were qualifications of the mind

Indigenous leaders from around

the world came together in

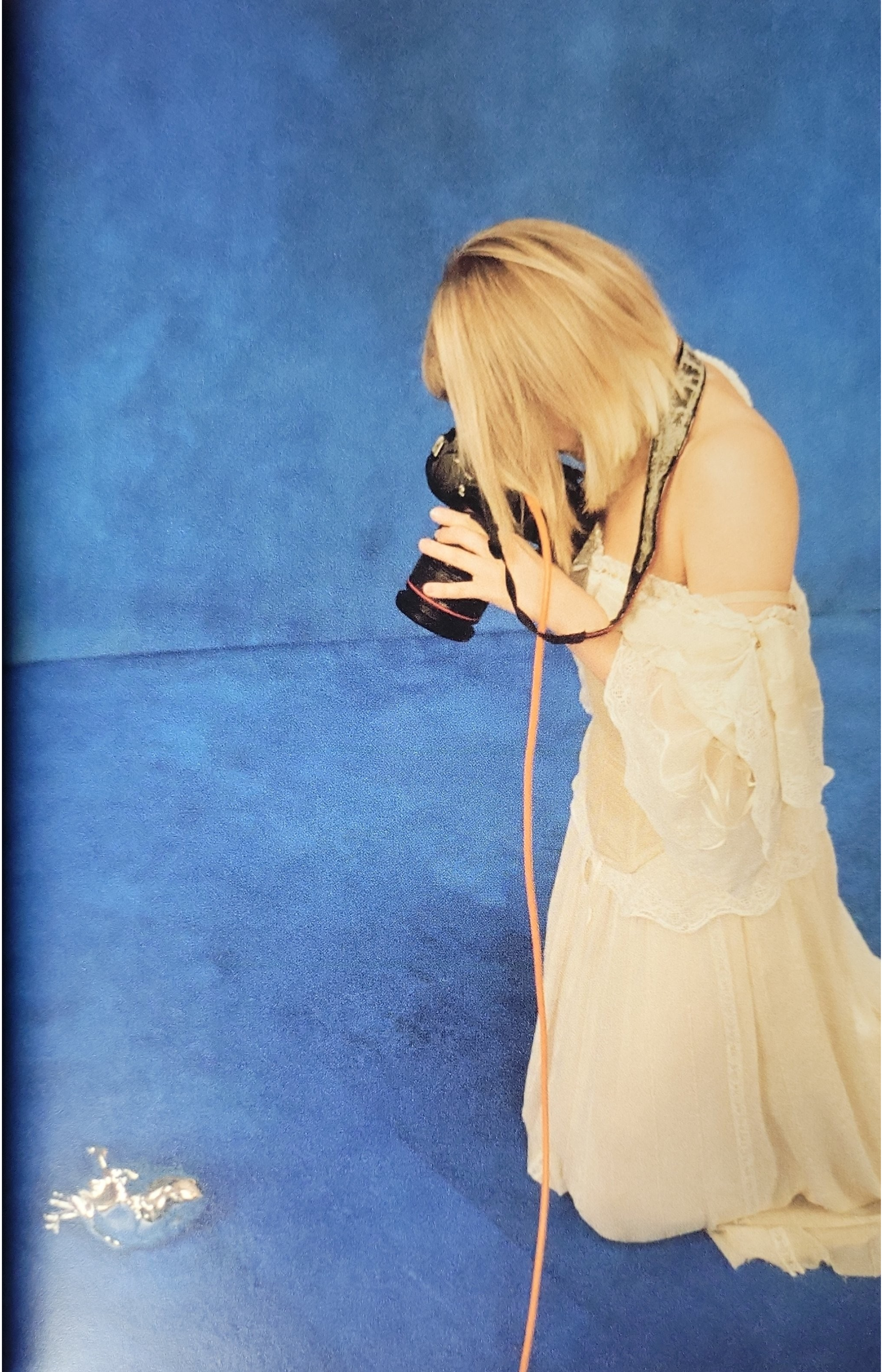
2020 withe the massage that

Humans needs to shift from the

mind to the heart. let our heart lead us

What happened to the heart?

It's the most important, beautiful and
sad question I've ever wondered in my life.



"LISTEN TO YOUR HEART
FOLLOW YOUR PATH

MAY IT BE CLEAR
AND FOR THE GOOD
OF ALL"

Echo Of My Shadow

If I stay here any longer
I will stay here forever
And the echo of my world will fade
Will the edge of my sorrow
Be gone in the morning?
I know

Stay right here
Stay in the light my dear
Until the love you crave
Falls in your arms
I know your mind
Moves like a wave sometimes
If you can't rise for us
Do it for love

If my life is just a moment
And this world is ancient
Then the light through my window will fade
Young mountains, old rivers
I let them become me
Right now

Stay right here
Stay in the light my dear
Until the love you crave
Falls in your arms
I know your mind
Moves like a wave sometimes
If you can't rise for us
Do it for love

If I stay here any longer
I will stay here forever
Till the echo of my shadow is gone
There are heroes within us
There are lovers around us
They will be here forever
I know
I know
I know

Echo of my shadow -

I told my friend Matias

I had a song in my mind

Something that sounded

like the first moment of

sunrise, when its orange light

hits the top of a mountain

and slowly makes her

way down.

Heating up the cold stone.

erasing shadows.

little by little.

this is what I hear

in the depth of my mind

when this happens.

Thank you Bergen, my

Hometown for letting me

see this, every day, if I

want to.

POTENTIAL SONGS:

THE ECHO OF MY SHADOW

YOUR BLOOD

5.

7. CONFLICT OF THE MIND

5. EARTHLY DELIGHTS

6. MY NAME

7.

8. PULSE

9. DETERIORATION

10. INVISIBLE WOUNDS

11 PIANO SANG

12

13

I find myself bothered with the lack of atonomy in my titles.
What Am I scared of reaching for?

THE STORY OF "I"

♥ TO FEEL ALLRIGHT

♥ SOULSEARCHER

I CANT UNTIE

THE DARK THAT FOLLOWS

QUIET NOISE

DRAWN TO YOU

HEART

(NO TRUST)

FORGET YOUR BODY

Some Type Of Skin

Hit me hard where I am soft
Should my heart reveal itself to be more than a muscle?
Or a fist covered in blood?
However much it feels to bleed
It's only temporary

We're good people and we both deserve peace

My god! It's a lot!
(To build some type of skin
I got to build some type of skin)
My god! It's a lot!
(To build some type of skin
I got to build some type of skin)

I guess I should build some type of skin
And let breath be air and love the things I know might disappear
And the last light of the sun
I let it slow me down
I'll crawl where everybody runs

We're good people and we deserve peace
It's difficult it seems

My god! It's a lot!
(To build some type of skin
I got to build some type of skin)
My god! It's a lot!
(To build some type of skin
I got to build some type of skin)
My god!
(To build some type of skin
I got to build some type of skin)
My god! It's a lot!
(To build some type of skin
I got to build some type of skin)

It's a lot, a lot to me

*

Motive for attack. We attack not only to hurt a person, to conquer him, but also, perhaps, simply to become aware of our own strength.

*

The sympathetic. Sympathetic natures, always helpful in a misfortune, are rarely the same ones who share our joy: when others are happy, they have nothing to do, become superfluous, do not feel in possession of their superiority, and therefore easily show dissatisfaction.

*

Silence. For both parties, the most disagreeable way of responding to a polemic is to be angry and keep silent: for the aggressor usually takes the silence as a sign of disdain.

"Some type of Skin"

Hit me hard when I am soft

Should my heart, reveal .... itself... to be

More than a Muscle

or a fist covered in blood

However much it feels

to bleed .... its only temporary.

We're good people

MY GOD! ITS ALOT!!!

and we both deserve

Peace.

(build some type of skin .. I got to build some type of skin)

(HAHA) I guess I should build some

type of skin...

let breath, be air

"We're good people and, love, the things I know

and we deserve peace" might disappear

And the last light of the sun

I let it slow me down

I'll crawl...

...Where everybody runs.

Your Blood

Your blood
What matter is it made of?
Do you feel it travel
In and out your heart?
Needles
Stitching up the big holes
You prepared for battle
As you fell apart

Are you dust?
You are dust

Your voice
Drowning in the white noise
Do you hear the echo
Begging you to let go?
This earth
Whoever was it made for?
Just wait until tomorrow
You might not be as cold

When all inside you burns like a star
It's after you burn out that you are
Reborn again, reborn again
And maybe if you called out for help
Then I could help you outrun yourself
Come run again! We'll run again!

But I, I refuse to die
I refuse to die
But I, I refuse to die
I refuse to die

We are dust
We are dust

When all inside you burns like a star
It's after you burn out that you are
Reborn again, reborn again
And maybe if you called out for help
Then I could help you outrun yourself
Come run again! Come run again!

You are dust…

Your blood
What matter is it made of?
Do you feel it travel
In and out your heart?

YOUR BLOOD

your blood
What matter is it made of?
do you feel it travel?
in and out your heart?

Needles... stiching up the big holes
you prepared for battle
as you fell apart...
Are you dust?

your voice
drowning in the white noise
do you hear the echo?
begging you to let go
this earth
whoever was it made for?

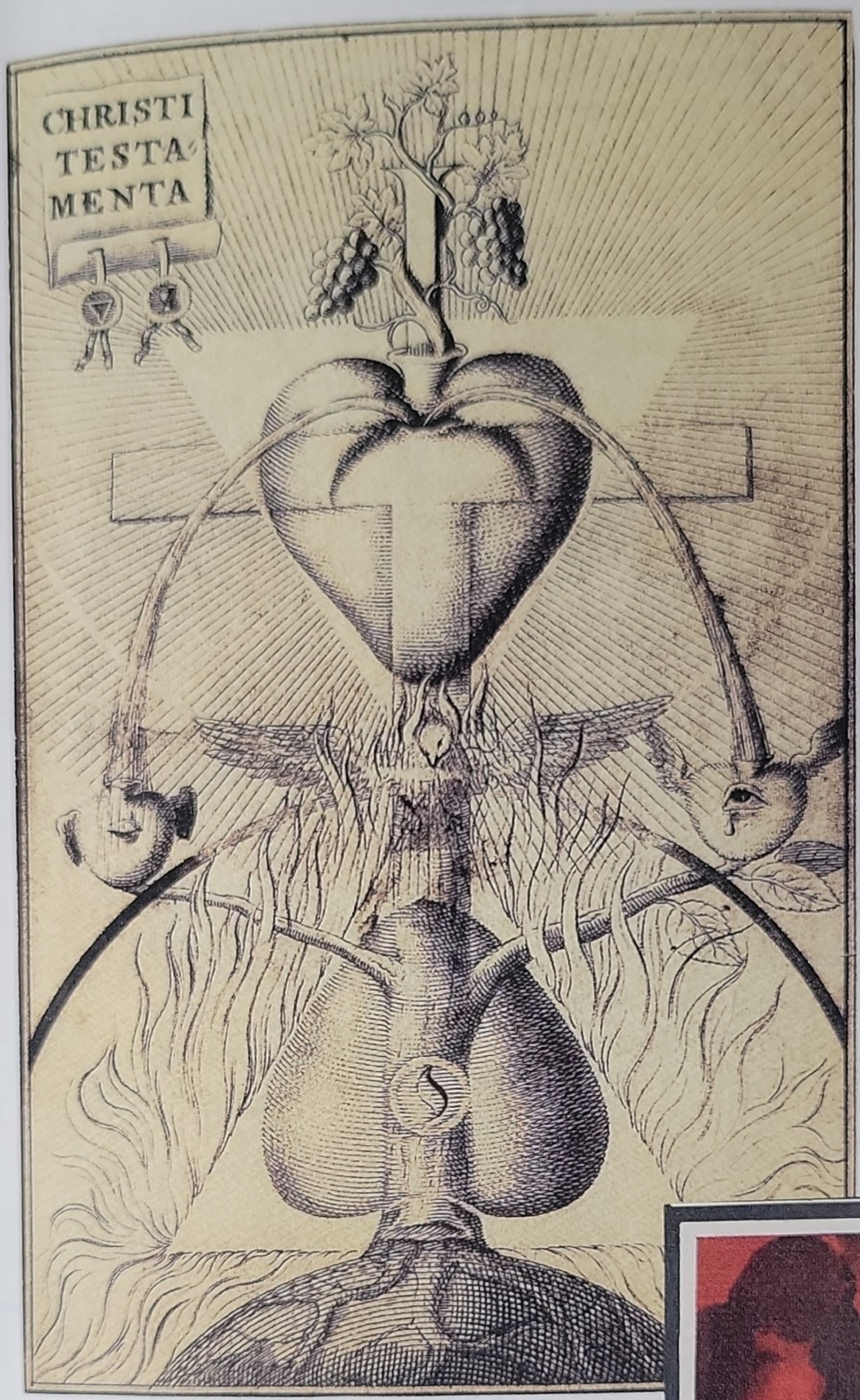
just wait until tomorrow
it might not be as cold

"let all inside you
burn like a star
it's after you burn
out, that you are
reborn again

And maybe if you
called out for help
then I could help
you outrun yourself
come run again!!
we'll run again!!

" BUT I, I REFUSE TO DIE
I REFUSE TO DIE

Blood



The fiery soul in its natural primal state – represented in the lower inverted heart – lies "in the Father's quality" in the fire of wrath. Through the sacrament of baptism, however, the name Jesus is revealed in the name Jehovah, and the soul receives the son's fire of love: "The father baptizes with fire, the son with light." His heavenly blood transforms anger into love.

Man must, in his imagination, completely enter into Christ's sacrificial death, "thus there will grow (...) a true Christ, a grape on Christ´s vine".

J. Böhme, Theosophische Wercke, Amsterdam, 1682

The Conflict Of The Mind

It's a complicated story
That we never talk about
But I see it in the mirrors
In the curtains of our house
I don't want you to be worried
That we're running out of time
It doesn't matter where we're going
We can leave it all behind

Only when I see you cry, I feel conflicted in my mind
It fills my heart up and it breaks me at the very same time
When you open up the gates for me and leave the world behind
We find proof of love is hidden in the conflict of the mind

I remember how I'd find you
Fingers tearing through the ground
Were you digging something up
Or did you bury something down?
In your soul I found a thirst
With only salt inside your cup
In your eyes I saw a longing
While I longed to lift you up?

Only when I see you cry, I feel conflicted in my mind
It fills my heart up and it breaks me at the very same time
When you open up the gates for me and leave the world behind
We find proof of love is hidden in the conflict of the mind

Don't let your spirit die
This is just a conflict of the mind
Is your heart alive?
You'll overcome a conflict of the mind
(Love is not gone, not gone)
(Love is... YOU)

14/2/2023

Only When I see

you cry - I feel conflicted

in my mind

It fills my heart up

and it breaks me at the

very same time

When you open up the

Gater for me

and leave the world behind

Where find proof of love

is Hidden

In the confliat

of the mind

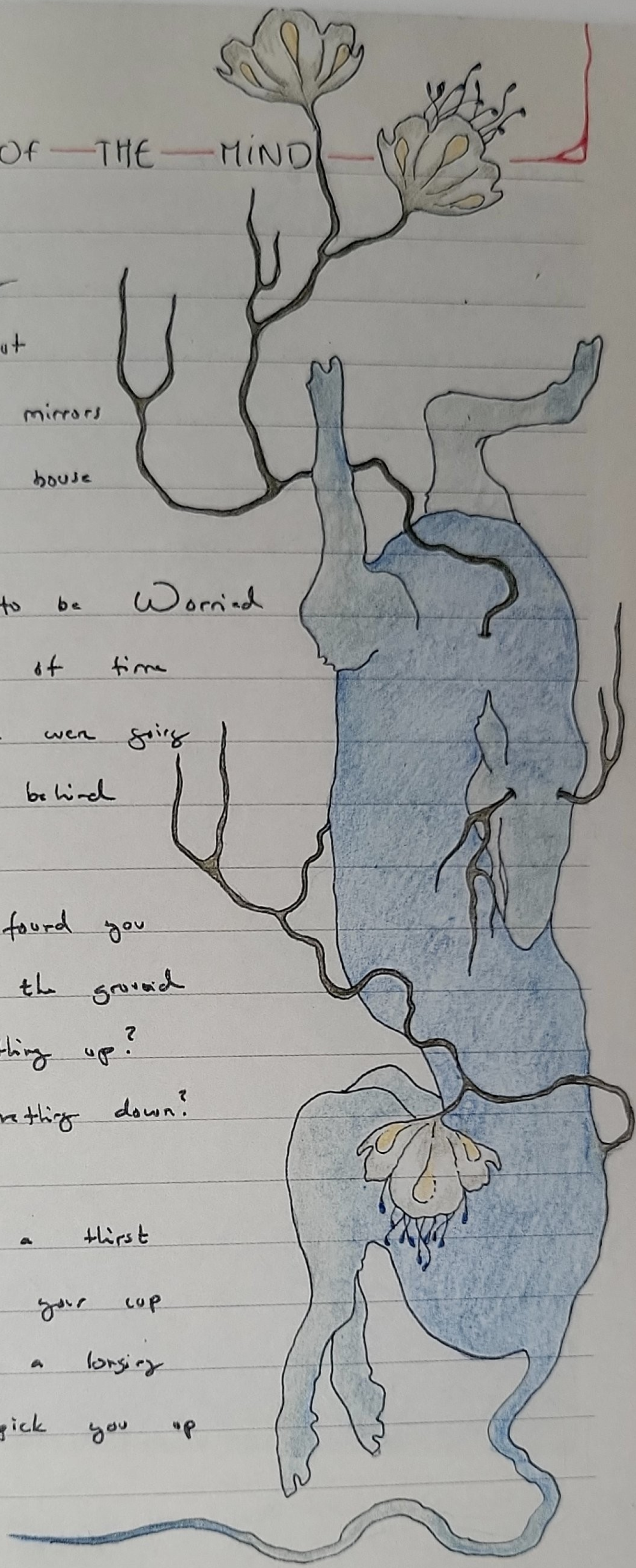
CONFLICT OF THE MIND

It's a complicated story
that we never talk about
but I see it ... in the mirrors
in the curtains of our house

I dont want you to be Worried
that were running out of time
it docunt matter where were going
we can leave it all behind

2. I remember How i found you
fingers tearing throughl the ground
were you digging something up?
or did you burg something down?

in your soul I found a thirst
with only salt inside your cup
in your eyes I saw a longing
while I longed to pick you up

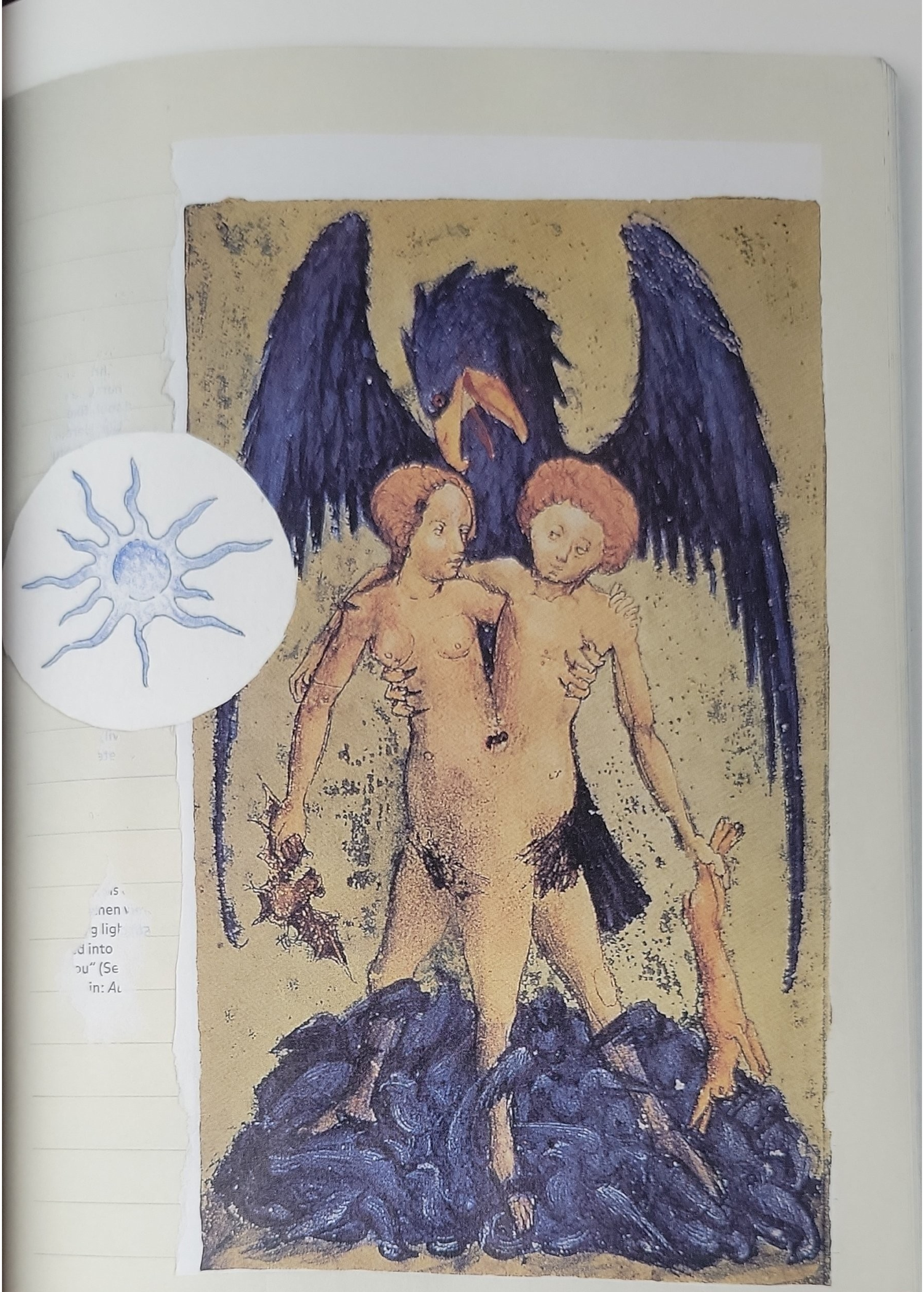


I've been reading alot of
books of alchemy
on the history of occult knowledge
Humans have been so spiritually
highstrung for so long.

How on earth did we
forget so much?

Usually I would
condemn ripping out
any page of a book.
But I saw my
"Then will a burning
light be poured
into me, and you"

I dont know yet
what this means or
how i got it in my
album.
I just know I deeply
want to.



This three-legged person, is the best thing I've seen all day

28/3/2023

Caution of free spirits. Free-spirited people, living for knowledge alone, will soon find they have achieved their external goal in life, their ultimate position vis à vis society and the state, and gladly be satisfied, for example, with a minor position or a fortune that just meets their needs; for they will set themselves up to live in such a way that a great change in economic conditions, even a revolution in political structures, will not overturn their life with it. They expend as little energy as possible on all these things, so that they can plunge with all their assembled energy, as if taking a deep breath, into the element of knowledge. They can then hope to dive deep, and also get a look at the bottom.

Such a spirit will be happy to take only the corner of an experience; he does not love things in the whole breadth and prolixity of their folds; for he does not want to get wrapped up in them.

He, too, knows the week-days of bondage, dependence, and service. But from time to time he must get a Sunday of freedom, or else he will not endure life.

IDEAS

I've Spent many hours

admiring Stars ... and ...

I wonder why dreamers

keep dreaming of mars

A world where her life

could've never begun

Cause they placed her

a little too far

from the Sun

Soulsearcher

01/01/2023

So What happened to the heart?

Its hard to look at the world trying to fix itself while falling apart.

We cannot even fix ourselves.

How is it, with all the spiritual guidiance and knowledge. built up through so many generations

We are still strugging to truly bring this World forward.

Why are we so afraid to speak up?

this world is out of it's mind.

I refuse to believe the people on this earth actually live on this same planet.

No connection.

what so ever.

We need an awakening.

Whatever draws you to us, you are always welcome

the wish to draw oneself up with everyone else (by appreciating, helping, taking pleasure in others' success).

To Be Alright

I know I belong here on earth
But I long to be lifted up
My heart does not rhyme
The rhythm of my mind
What is life worth living
If you can't dance to anything?
Night after night
Oh, I long to be alright

I want to feel it, to feel it
What the people talk about
How do you find it so easy?
And all I can is ask...

But whatever you say it's never right, so I won't do that
(You cannot make me feel a thing)
And wherever I go, I'm always blind, so I lose my track
(You cannot make me feel alright)

How I hunger for touch
How could you say that I love too much?
I don't want to fight
I just want to feel alright
What is life worth living
If you don't bleed for anything?
Night after night
Oh, I long to be alright

I want to feel it, to feel it
What the people talk about
How do you find it so easy?
And all I can is ask...

But whatever you say it's never right, so I won't do that
(You cannot make me feel a thing)
And wherever I go, I'm always blind, so I lose my track
(You cannot make me feel alright)

I love it... I believe I love it
I believe I love it
Nobody can make me feel it so much
I believe I love it
I believe I love it
Nobody can make ME FEEL

I don't want to fight
I just want to feel alright!

What is life worth living
If you don't dance to anything?
Night after night
Oh, I long to feel alright!

27/01/2023

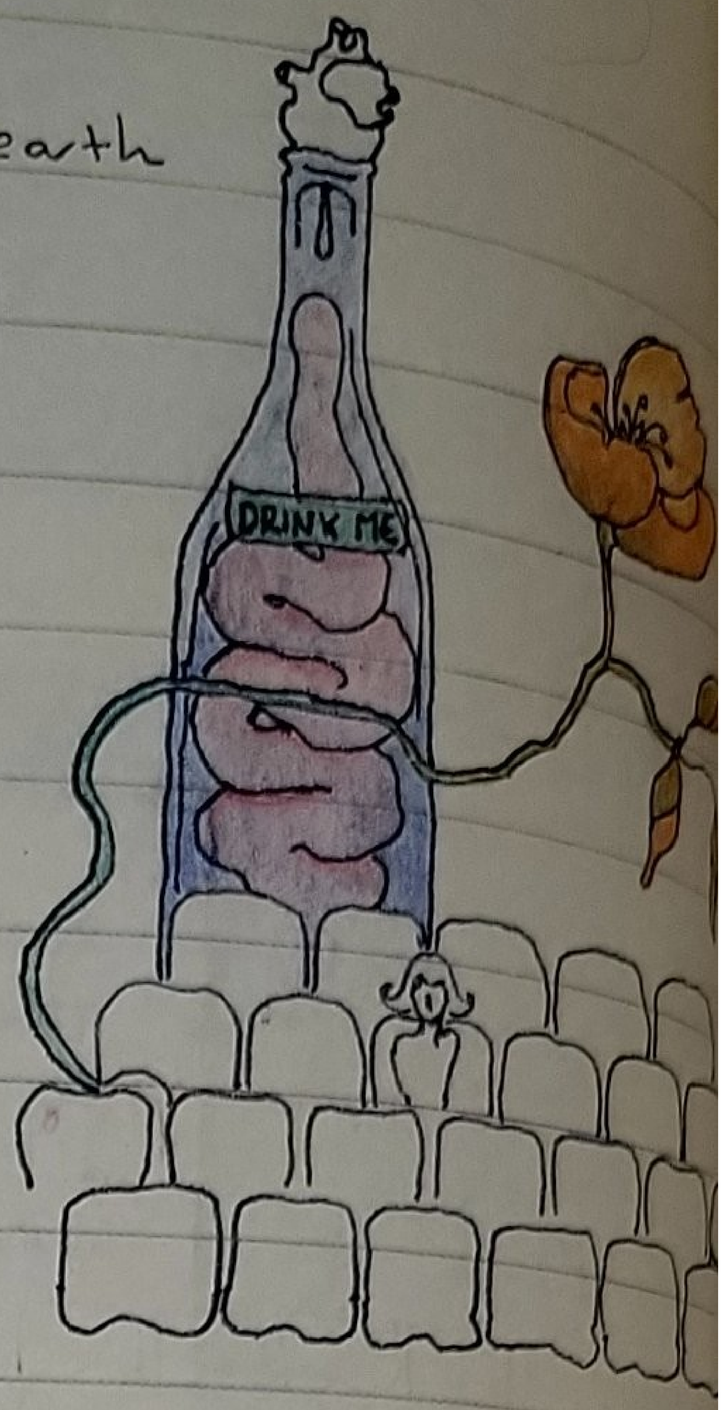
TO FEEL ALLRIGHT

I know I belong here on earth

But I long to be lifted up

My heart does not rhyme

the rhythm of my mind

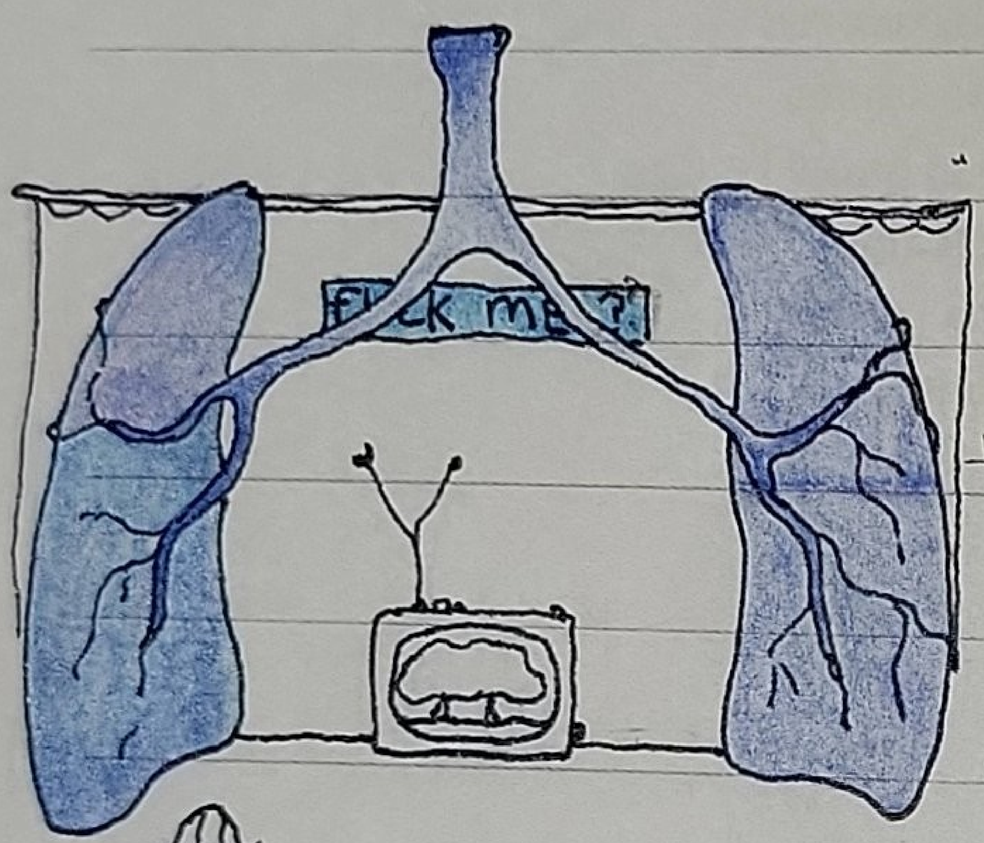


What is life worth living?

if you dont dance to anything

night after night

Oh I long to feel allright



" I want to feel it

what the people talk about

How do you find it so easy?"

All i can is ask...

But whatever you say its never right, so I wont do

(you cannot make me feel a thing!)

Wherever I go, Im always blind, so I loose my

(you cannot make me feel allright!)

How I hunge for touch

How could ya say that I love too much?

I dont want to fight.

I just want to feel allright

What is life worth living?

if ya dont bleed for anything?

Night after night

OH I LONG TO FEEL ALLRIGHT!

~~I'll be nothing~~

~~I'll believe in Nothing~~

~~I believe that~~

I believe I love it?

I believe I LOVE IT?

NOBODY CAN MAKE?

ME FEEL?

(apathy is helping the oppressor)

The Essence

In another life
Home feels like home
I've mourned you now
Longer than I've known you
As the trees cry their leaves
Vulnerable
Just like me

Maybe, maybe it will be alright?
We all hurt sometimes
Maybe, maybe it will be alright?
We are running through the waves of time
And the truth can lie, in the arms of a fight
And I try, and I try
But it hurts so much
To be in touch
So, I'd rather not

We make amends with the roads we cross
Like rivers flow
To be near your ground

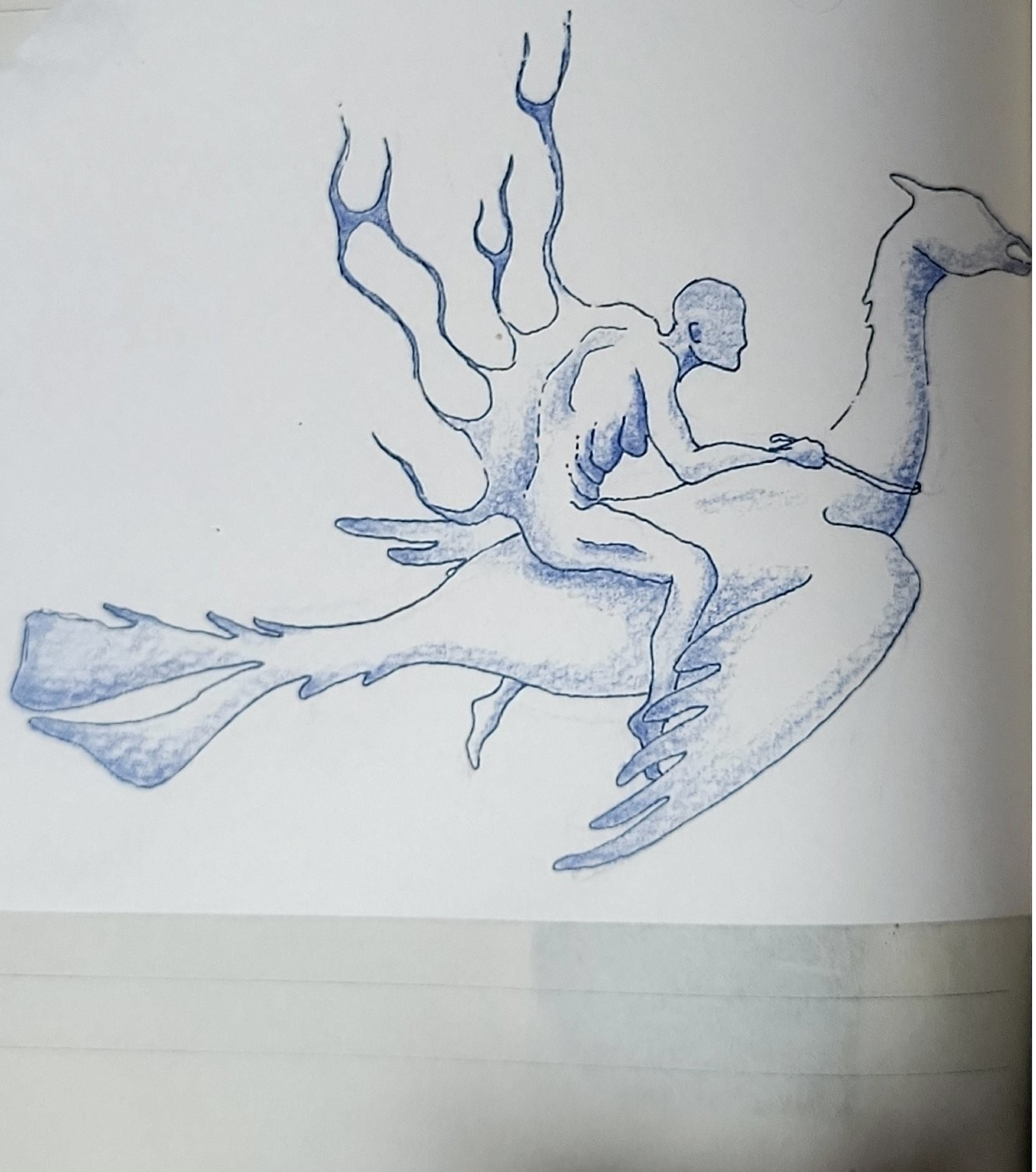
Maybe, maybe it will be alright?
We all hurt sometimes
Maybe, maybe it will be alright?
We are running through the waves of time
And the truth can lie, in the arms of a fight
And I try, and I try
But it hurts so much
To be in touch
With the essence of us

It hurts so much
To be in touch
With the essence of us
With the essence of us
It hurts so much
To be in touch
So, I'd rather not

"It hurts so much

to be in touch

So I'd rather not."



THE ESSENCE

In another life ... Home feels like Home

I've mourned you now .... Longer than I've known you

As the trees ... cry their leaves

~~I for~~ Vulnerable. Just like me.

Maybe, Maybe it will be allright

we all hurt sometimes

Maybe, Maybe it will be allright

We are running through the waves of time

And the truth can lie in the arms of the night

and I try, and I try but It hurts so much.

to be in touch.

So I'd rather not.

We make amends.

with the roads we cross.

Like rivers flow.... to be near your ground.

It hurts so much. to be in touch.

With the essence of us. with the essence of us.

It hurts so much

to be in touch. so I'd rather not.

I see more and more

the journey I've been on myself

in this album.

I've had so much pain to make sense of.

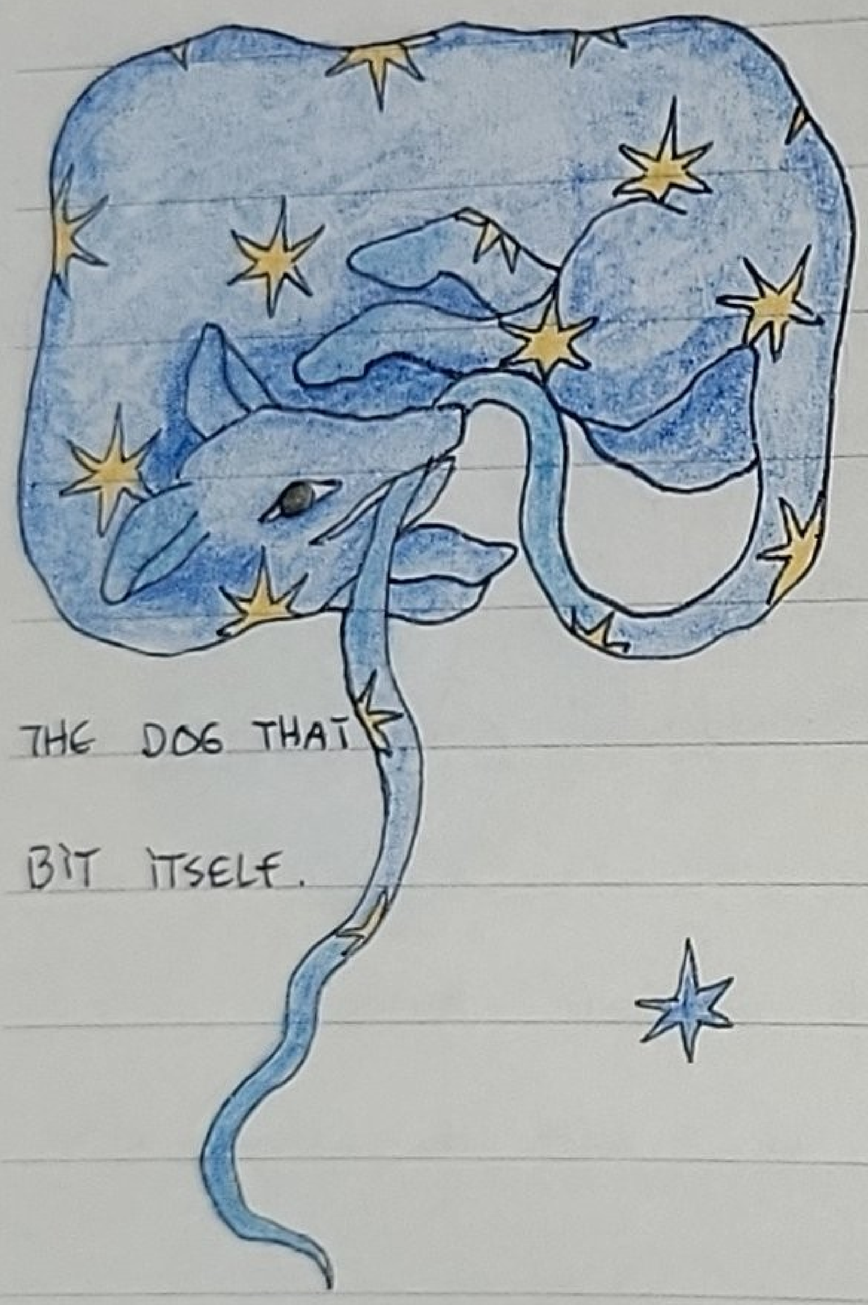
this album might be more personal

than I am comfortable with.

But then again.

I always tell the world to open up.

so why can't I?



THE DOG THAT

BIT ITSELF.

I feel like a dog

biting its own tail.

yes. not chasing. biting.

Which is odd.

Cause I'm such a cat person.

My all cats live forever.

ALBUM TRACK LIST #1

I think I have too much to say. 14 tracks is not enough.

1. The echo of my shadow
2. Some type of skin
3. Your blood
4. the Conflict of the mind
5. Needs to flow.
6. the essence ?
7. soulsearcher?
8. Dreams forget your body?
9. Earthly delights feel allright?
10. The dark dresses lightly. A soul with no king?
11. Bleeding black?
12. do you feel?
13. A word is a weapon?
14. Starvation
15. The blade
16. Invisible wounds

Needs to build. confuse. Why are we breaking apart. Avoiding our wounds? the build of apathy. Hardness.

DREAMS

I've needed so much
With nothing to touch
Floating from earth

Another bridge burned
A mother concerned
"Come back to the world"

In my dreams
Everything's more quiet than here
In my dreams
Everything I feel disappears

The night became new
And out of it grew
The hymn of the pearl

Don't lie to yourself
Don't lie to the world
Don't lie to a girl

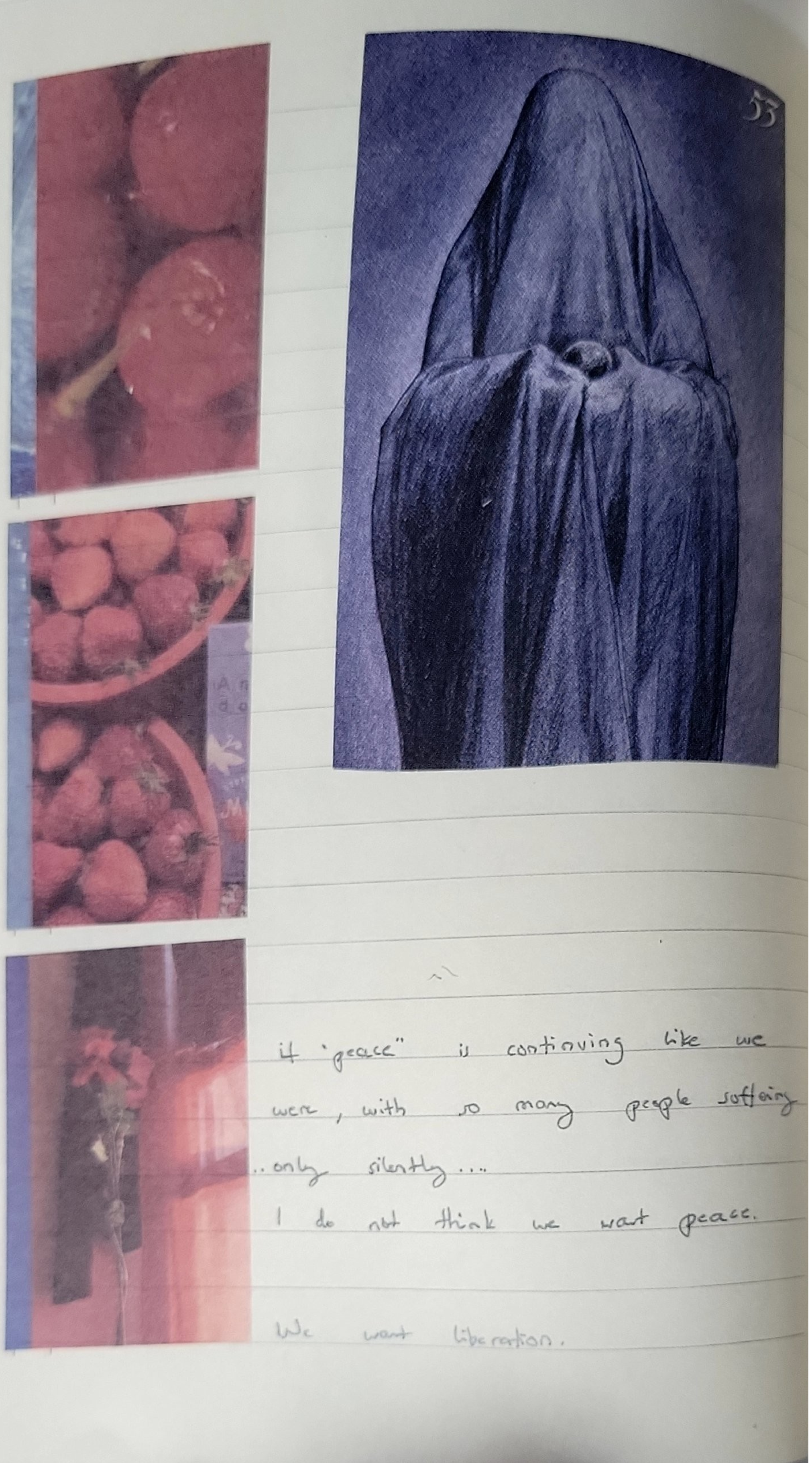
When your shadows were forgiven
I abandoned your religion
And I knew that I would never come back

So tired and so aimless
I travelled through the darkness
So my path would be impossible to track

In my dreams
Everything's more quiet than here
In my dreams
Everything I feel disappears

Learn my body and my poems
And repeat them like you own them
Like the arrow and the willow
We all bend
Let the mothers and the daughters
Climb out of the waters
Like the needle and the cockroach
We all mend

In my dreams
Everything's more quiet than here



it "peace" is continuing like we were, with so many people suffering ..only silently ...

I do not think we want peace.

We want liberation.

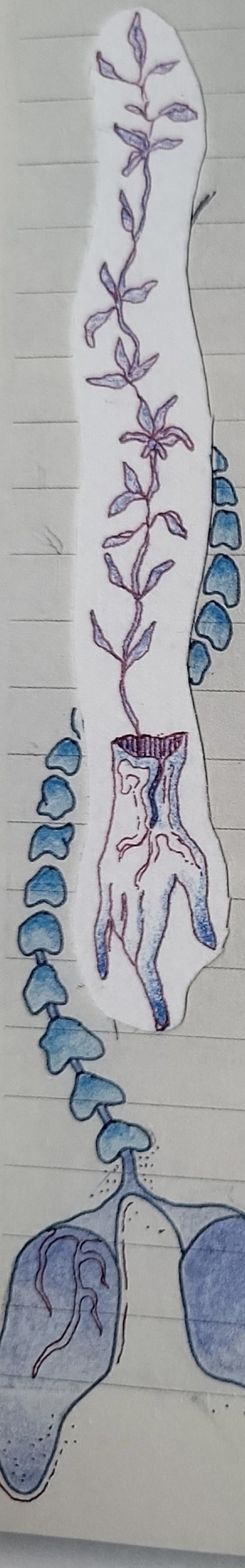
"IN MY DREAMS"

When your shadows were forgiven
I abandoned your religion
And I knew that
I would never come back

So tired and so aimless
I travelled through the darkness
So my path would be
Impossible to track.

In my
dreams...

Everything's more
quiet than here



Learn my body

and my poems

and repeat them

like you own them

like the arrow. and the willow

we all bend

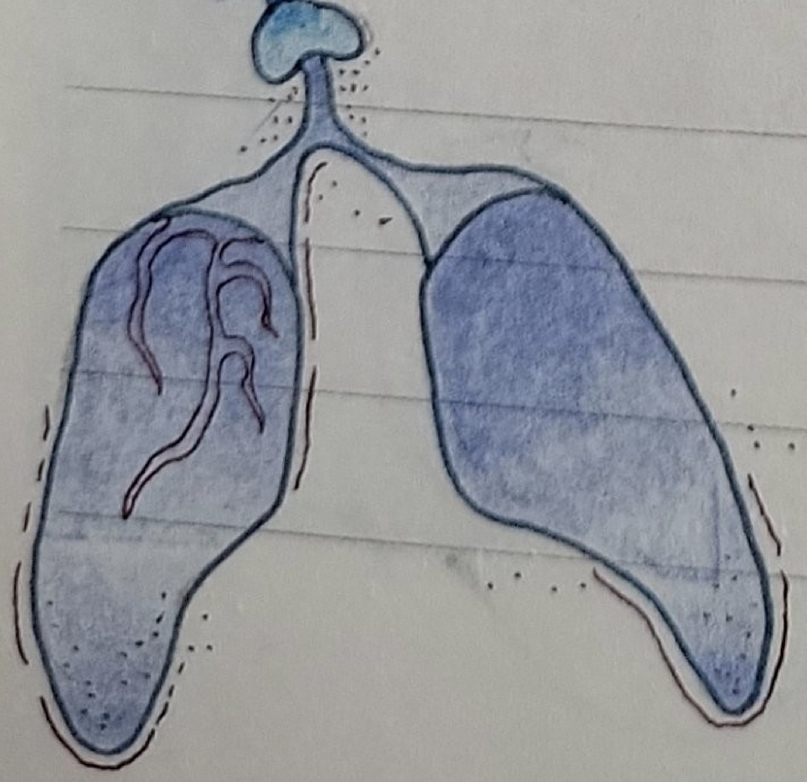
het the mother

and the daughter

Climb out of the water

like the needle

and the cockroach



we all mend

IN MY DREAMS

(8) Song number 8. I promised my mother.

I've needed so much
with nothing to touch..
floating from earth

Another bridge burned
A mother concerned
"Come back to the world"

In my dreams ... everything's more quiet than here
In my dreams ... everything I feel disappears

The ~~sing~~ right became new
and out of it grew
the hymn of the ~~pearld~~ pearl

Don't lie to yourself
don't lie to the world
dont lie to a girl

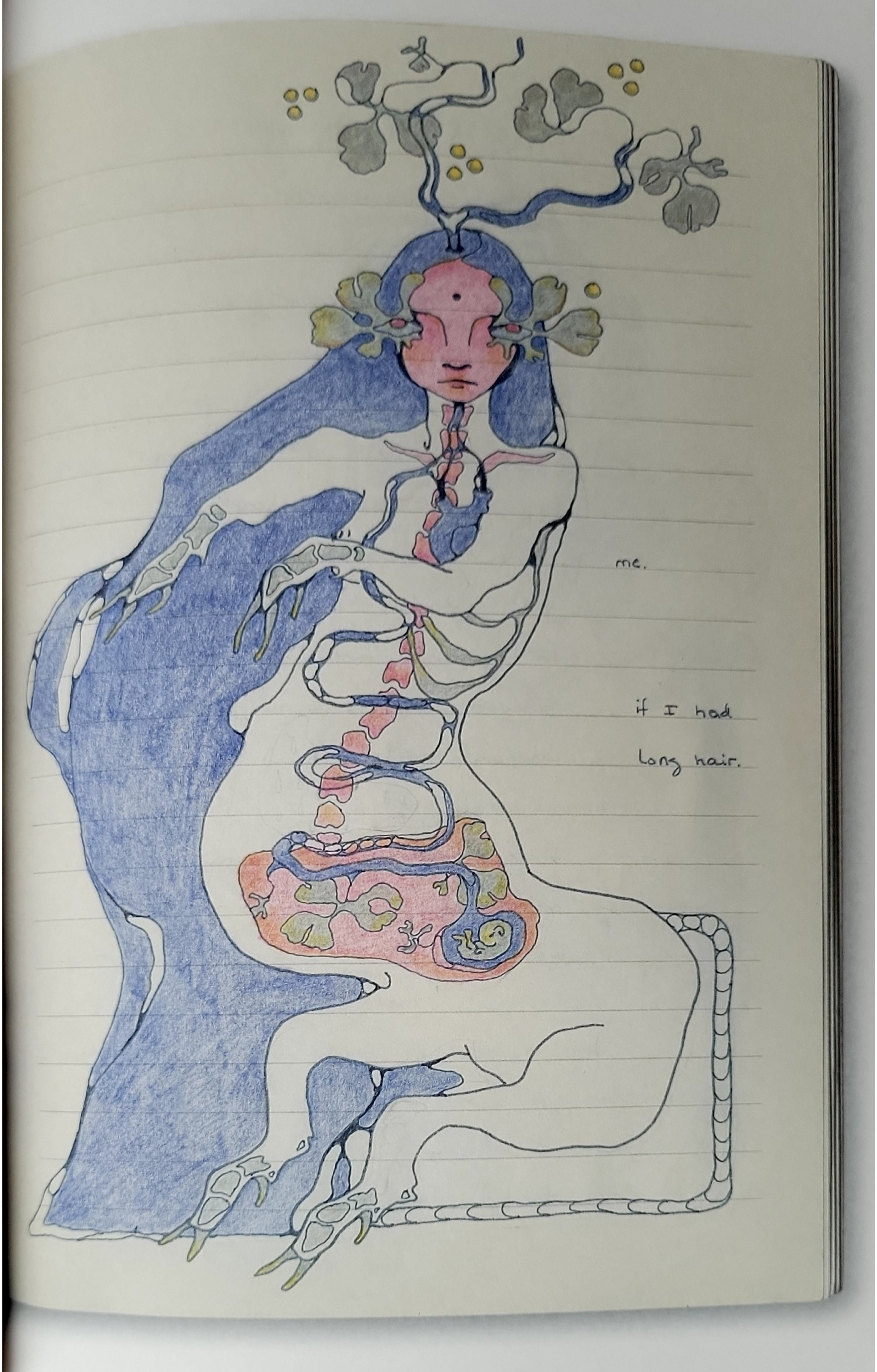
In my dreams ... everything's more quiet tha here
In my dreams ... everything I feel ... dissapears

The female intellect. Women's intellect is manifested as perfect control, presence of mind, and utilization of all advantages. They bequeath it as their fundamental character to their children, and the father furnishes the darker background of will. His influence determines the rhythm and harmony, so to speak, to which the new life is to be played out; but its melody comes from the woman.

To say it for those who know how to explain a thing: women have the intelligence, men the heart and passion.

"We're good people....
And We both deserve
peace"

drawing by: eeurekaa


me.
if I had
long hair.

HIST°RY °f THE HEART

in the Seventeenth centery
the elite scottish couples
adressed eachother with
terms of endearment.

expressions such as "sweetheart"
and "My dearest heart"
grew common amongst men
and women.
in secrecy most likely
between men and men, and
woman to woman.

the beloved was not an
arm. or a kidney, or
a rib - but a heart.

the heart did not only

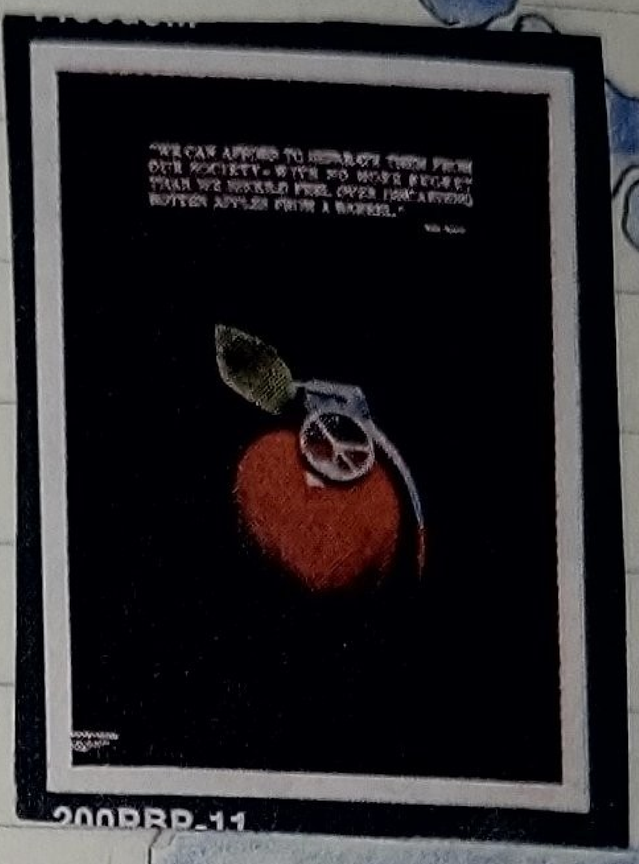
serve expressions of love

but also as a barometer

of morality.

to be "blackhearted"

or to be "kindhearted".



the heart could, and did-

stand for the whole person.

to "learn by heart."

their desires.

their thoughts.

their life immortal.

A poem:

"I dont love you just from the bottom of

my heart, I love you from the top and middle too"

-by, Virgil (a roman poet) (between 29 and 19 BC)::

this year I have ~~[illegible]~~ truly learnt

How dark life can become

How lonely you can find

yourself within the chambers of

your own heart

it is such a physichal ache

I've hurt myself a lot.

and each time I do, I only seem

to spiral further in and down into that

darkness. and in the ache.

And the next morning when I awake

I find myself at the bottom, looking up

feeling like I might never

come up again.

I feel guilty for hurting myself

cause right now I need so much love.

I dont want to be - just a wound.

I want to be so much more.

what happened to me was painful.

But it was also very beautiful.

Then came the big perspective.

then came the wish of feeling better.

Then came the thoughts of giving up

just escaping my own self

allowing the dark to

be something i dance with.

then came the desperate need

for something truthful and pure.

Starvation.

then the rage.

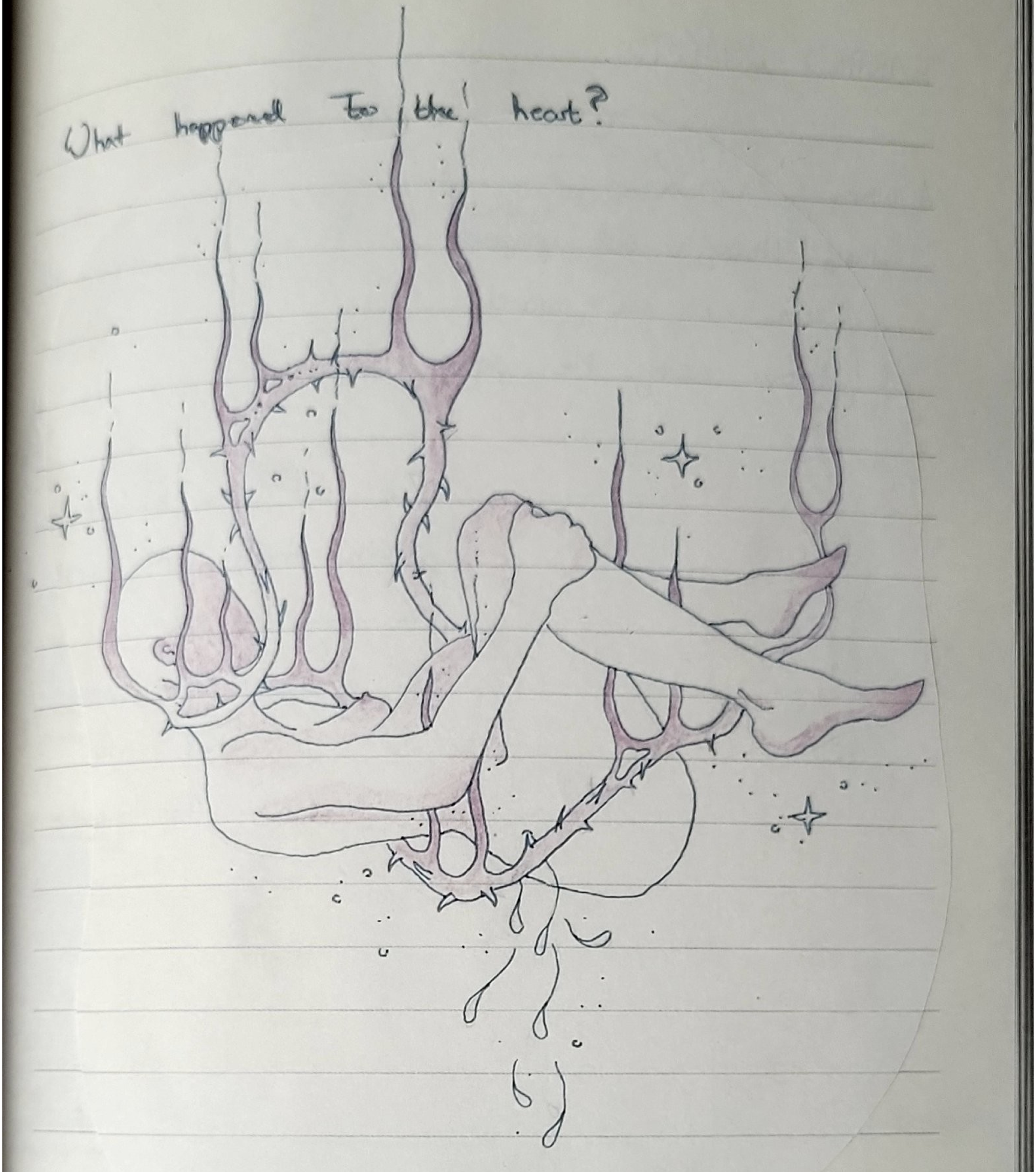
and then finally the realization

I am wounded.

And what is wounded needs to mend

(What happened to the heart?

What happened to the heart?



Earthly Delights

First you made for me a river
So I would have water
Made for me a garden
So I would have earth

But I'm so lonely
So lonely
When everything dies
Can you stay with me?

Could you give to me desire
So I would have fire
Fill my lungs with air
I'll be a perfect lover

But I'm so lonely
So lonely
If everything dies
Why can't you love me?

And when time at last consumes me
Broken and unholy
Let my body wander far away from here
You make for me a portal
Eyes warmed up with sorrow
You always envied mortals
'Cause we can leave

There is no god in here without me, my dear
When everything dies
Will you be lonely?
So lonely
So lonely...

EARTHLY DELIGHTS

A story about a god

who loved a woman so much

He made her a new planet

Then he put her there

all by herself

Away from all earthly temptations

away from anyone - but himself.

He made for her a river

so she would have water

a garden

so she would have earth

fire

so she would have desire

filled my lungs

with air

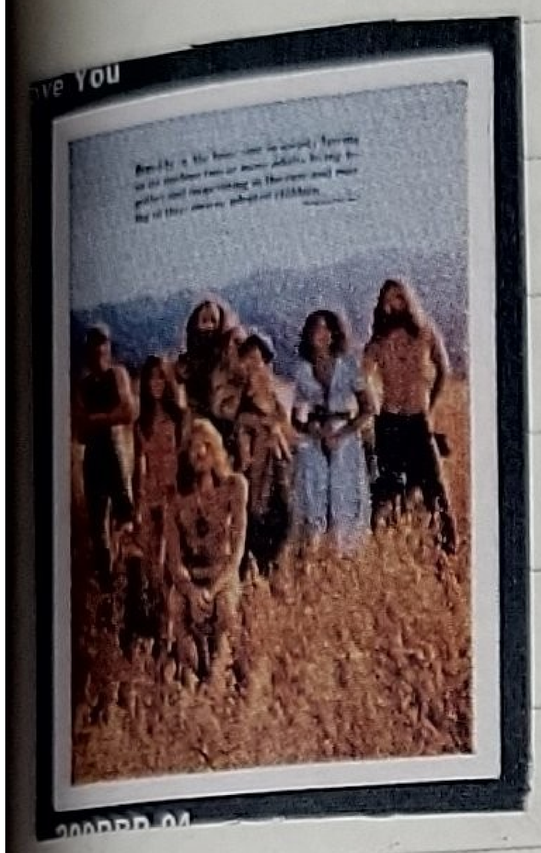
shall be the perfect

lover

"But I'm so, lonely .... so lonely .."

the Wonders of life, are indeed

delightful, but less so — experienced alone.



And then with time.

comes the inevitable.

Death.

"When time at last, consumes me"

"let my body wander - far away from here"

"you always envied mortals ....

cause we can have"

in the end.

God "himself" remains alone

(God → Human)

"There is no God

in her without my

my dear."

"

REAL LYRICS →

When the "Politics" of
the World splits the people

"from empathy to Apathy
the biggest enemy of progress"

"Rage vs. silence"

We are scaring ea chither
away from speaking up, when the
empathy we have in us
tells us that what we
see is wrong.

"the heart vs. the mind"

When people are only told
to "educate themselves" when
trying to empathically engage
in the world
that empathy will die.
And we will remain afraid
of speaking up. when something
is wrong.

"peace vs. liberation"

people who want you to stay quiet
may be battered by you simply
engaging in matter they want
to be left alone.

"Peace" for them, may be your
silence.

But then again, your silence may
contribute to the suffering of so many
others.

I understand why people are confused.
But I don't think we should
let our minds scare us away
from feeling the way we do, about
the matters of the heart.

I refuse to believe people are evil.
I think people are scared. and confused.
which makes us... Apathic.

are we more concerned by looking better
than to achieve actual progress?????
than actually?

When The Dark Dresses Lightly

As I pour out my story
Drink me up
There is wine in every word
(Here's to us now, my dear
We're being strong now)

And the dark dresses lightly
Razor sharp
As it cuts right through my soul
(Here's to us now, my dear
It took too long)

Guess I shouldn't have kept the knife in my heart for so long
Guess I shouldn't have held back when I needed you to know
Guess I shouldn't have kept the knife in my heart for so long
Guess I shouldn't have held back when I needed you to know

Ooo I just want to cry
With you tonight
It's perfectly fine
To grieve the hurt that's gonna die

Let us dance to our sorrow
Make amends
There's so much you still don't know
(Here's to us now, my dear
We're going deep now)

All this fear
It's contagious
Now we're here
Let our glasses overflow
(Here's to us now, my dear
It took too long)

Guess I shouldn't have kept the knife in my heart for so long
Guess I shouldn't have held back when I needed you to know
Guess I shouldn't have kept the knife in my heart for so long
Guess I shouldn't have held back when I needed you to know

Ooo I just want to cry
With you tonight
It's perfectly fine
To grieve the hurt that's gonna die

Oh, oh, oh
Can you feel it?
Mmmhhh yeah
Let me feel it
Louder
Louder!
Louder!!
Louder!!!

To the river
To the water
Where the floodgates
Are wide open
And the tower
Has fallen onto you
Let me feel it darling
(Darling, darling)
Let me feel it darling

Oh yeah!!

(TENSION!!)

As I pour out my story
drink me up.... there is wine in every word.

"HERE'S TO US NOW,
MY DEAR.
WE'RE BEING STRONG NOW"

← CHOIR!?!

And the dark... dresses lightly
Razor sharp... as it cuts right through my soul

"HERES TO US NOW
MY DEAR.
IT TOOK TOO LONG"

Guess I shouldn't have kept the knife
in my heart for so long
Guess I shouldn't have held back
When I needed you to know ← *1000000

"the DARK DRESSES LIGHTLY"

(some kind of sensual intro ?:)

"oooo" oh I just want to cry!

↳ With you tonight!

↳ Oh, It's perfectly fine

To grieve the HURT that's gonna die

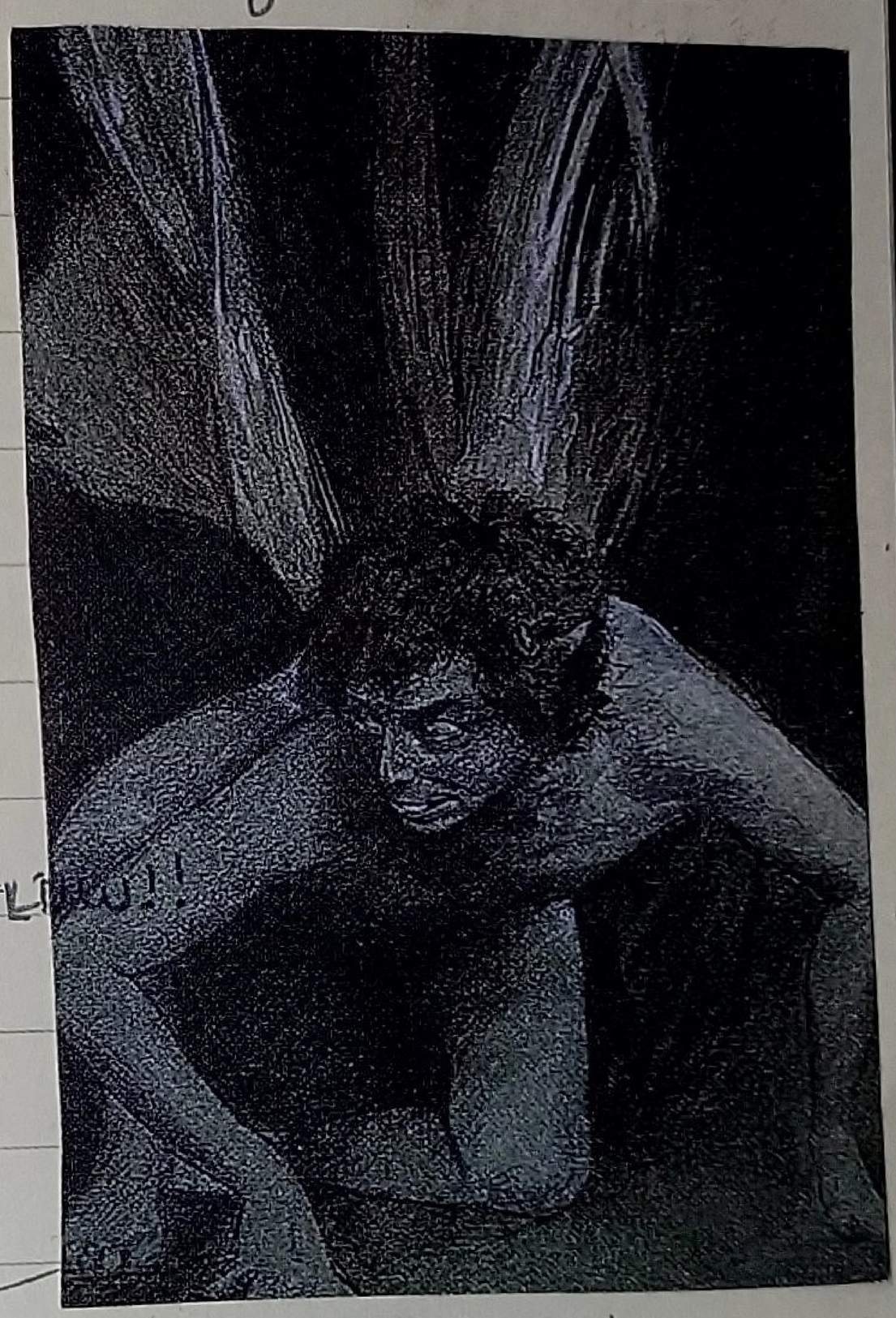
let us dance, to our Sorrow....

...Make amends... There's so much you still don't know

"HERE'S TO US NOW,

my DEAR.

WE'RE GOING DEEP NOW"



All this fear, it's contagious

Now WE'RE HERE

LET OUR GLASSES OVER FLOW!!

"HERE'S TO US NOW

my DEAR

IT TOOK TOO LONG"

mmhh yeah.....

.... let me feel it ....

I was just in Germany

With my two Beloved friends, Nico and Mich

We cried. We had the whole world in our

hearts. We drank so much wine.

and I danced so much in the studio

that my feet still HURT.

It's delicious to be so alive.

"The dark dresses lightly"

might be. one of my favorite songs I've ever

Written. Though I know, or at least assume

It's going to take a while for the world

to understand.

But that is ok.

It is my child. and i Love it. with all

my being. I am so Happy.

LAST MINUTE LYRIC!!

NEED TO END!! ORGASMIC.

"oh yeah, oh YEAH!
LOUDER!!!
Let me feel it!!

To the rivers
to the waters
When the floodgates are wide open

And the Tower, has fallen onto you"

Confrontation
is organic
this song needs
to feel just like it.

A Soul With No King

I know you know me
And you always will
Like a man with no wisdom
And a soul with no king

I know you fear me
Your heart unfulfilled
Like a world with no mother
And a home never built

But if this is what you want
Why speak of right and wrong
You still go in for the kill

You speak of the devil
Like he's not your friend
When the world starts to burn
Give your water to him

Call my name
Call my name

Nothing will ever change
No guilt
No shame
Call out my name
When you need me again
Nothing will ever change
No guilt
No shame
Call out my name
When you need me again

If you know who I am
Why won't you call my name?
If you know who I am
Why won't you call my name?
You know who I am
Why won't you call my name?
You know who I am
Why won't you call my name?

"A SOUL WITH NO KING"

I know you know me..

and you always will....

like a man, with no wisdom

and a soul with no king..

I know you fear me...

Your heart untortilled

like a world with no mother

And a home never built

But it this

is what you want, why....

Speak of right and wrong

you

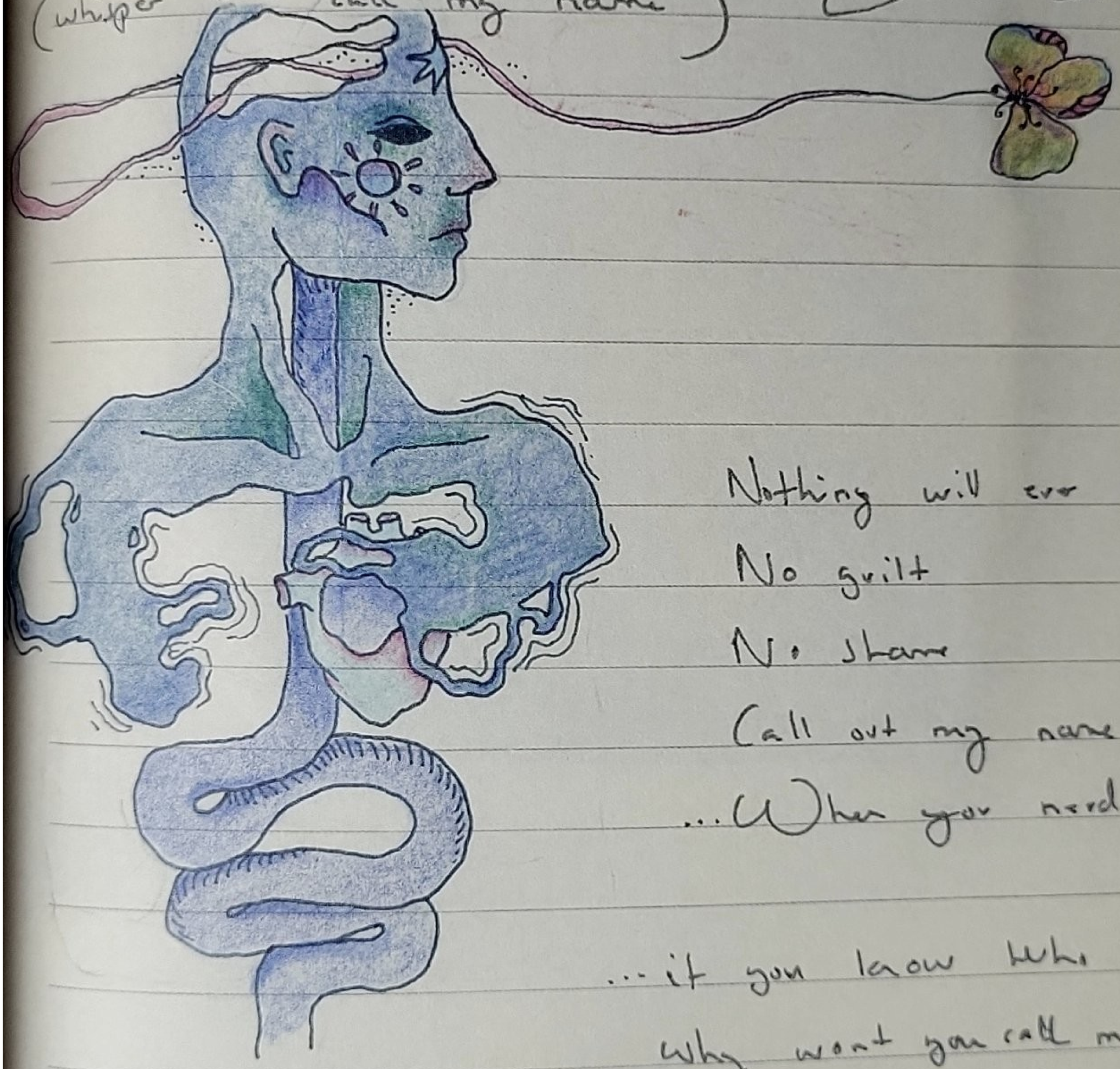
still...

So in for the kill

(SCREAM. WITH THE RAGE OF MOTHER EARTH)

yor speak of the devil
like he's not gour friend
When the world starts to burn
give gour water to him

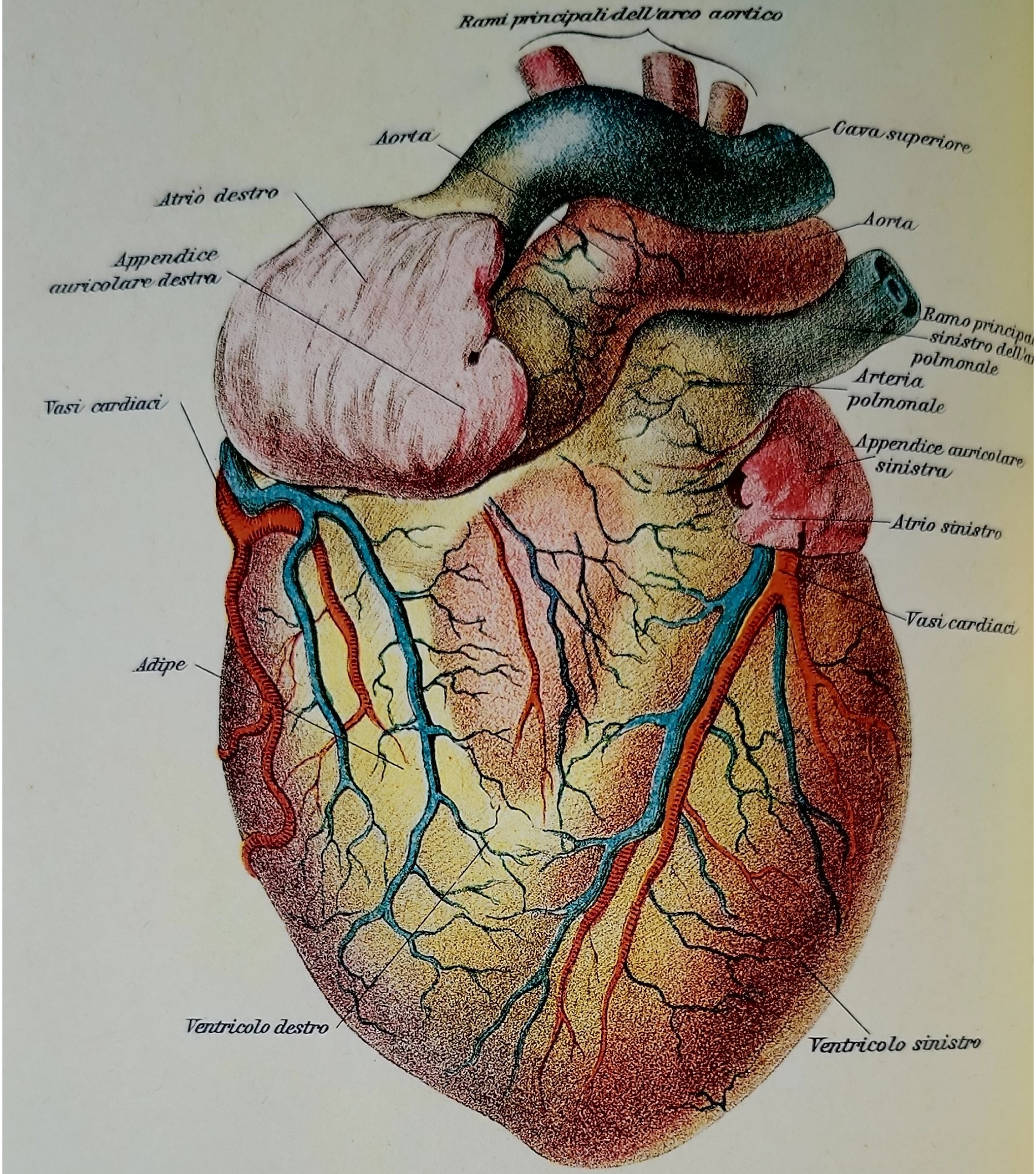
(whisper --- "call my name") ↳ who am I?



Nothing will ever change.
No guilt
No shame
Call out my name...
...When gou need me again.

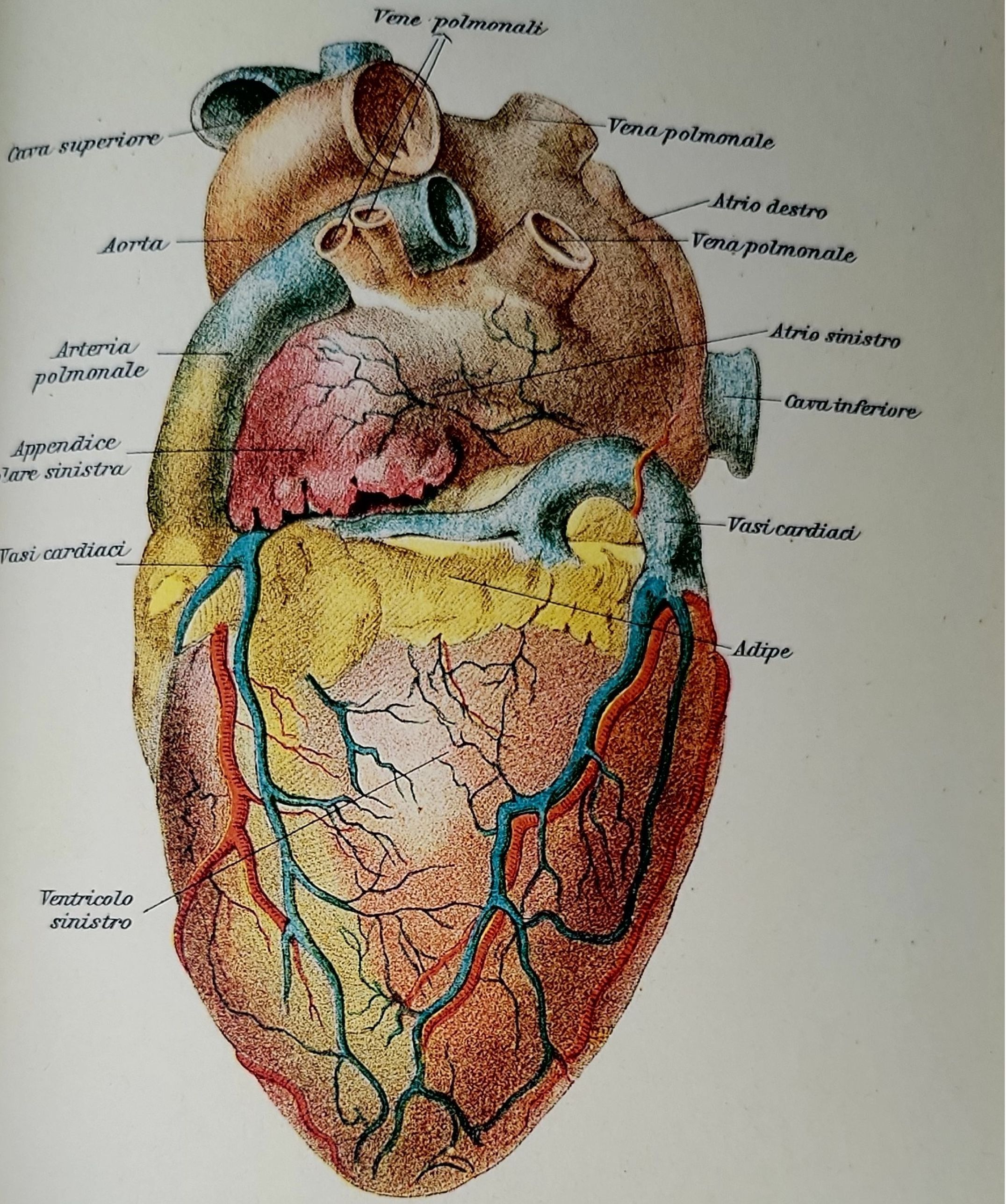
...if gou know who I am..
why wont gou call my name?

(Written one day in
septemba 2023)

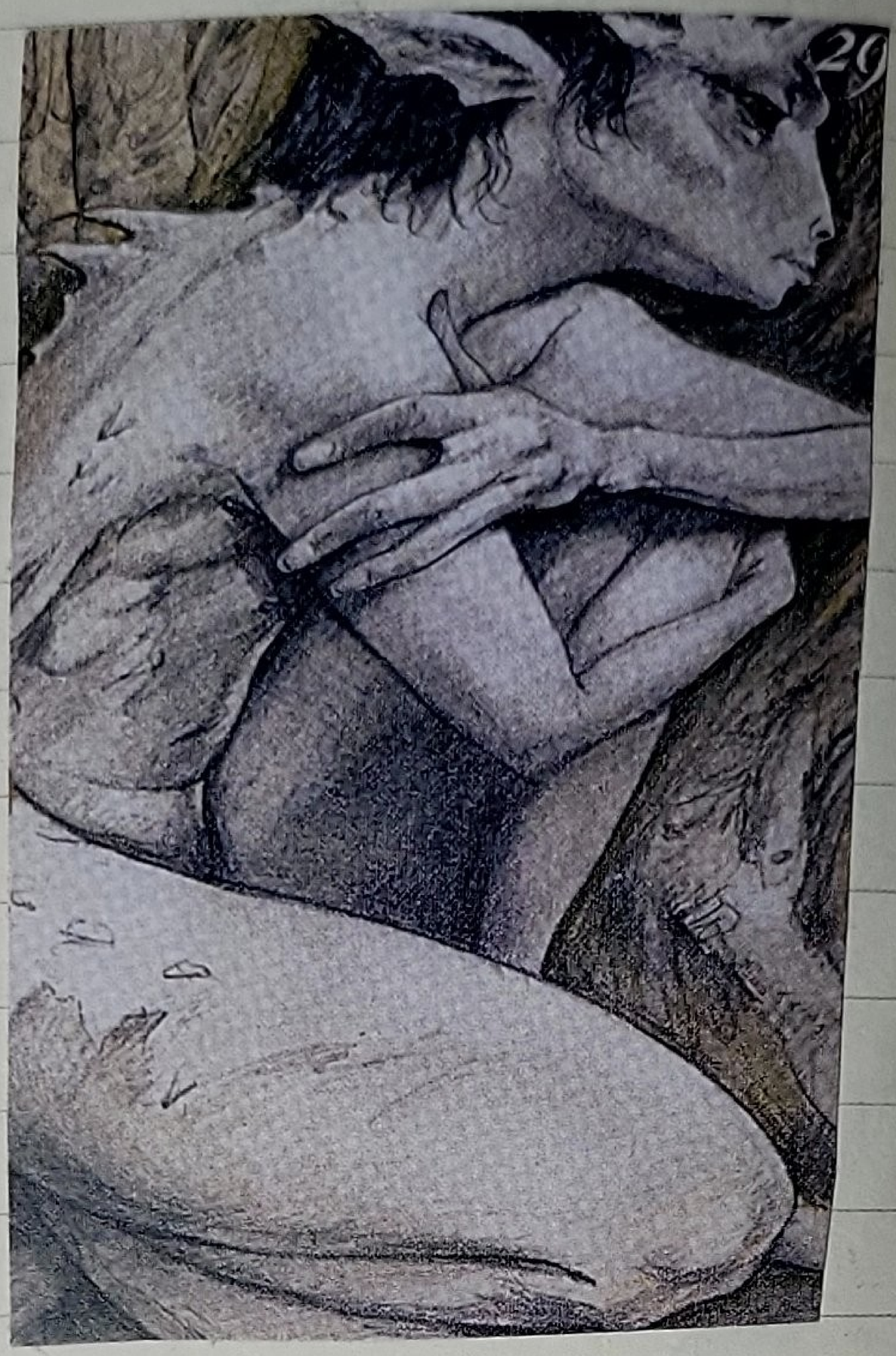


Vista dal Davanti

IL CUOR



Vista da Sinistra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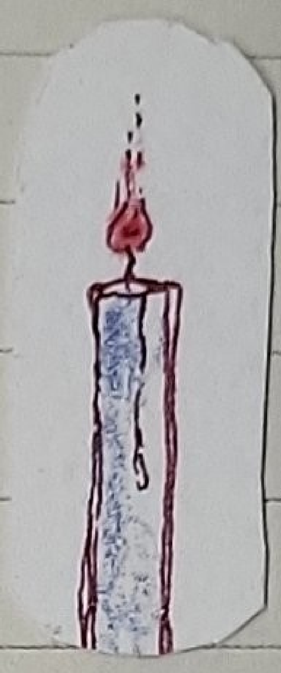
"Some of the saddest
people I know...

...are Happy...
all the time.



-A

"BZZZZZZST"

This is why I always have glue in my backpack.

I love armour.

and teeth. and organs.

this does not mean I'm creepy

My Name

My name
Was hidden somewhere
In the back of my brain
I didn't know before my head was drained
And all I could hear was that name

I erase
The mission I had before I was reversed
Long before I was a part of earth
I was a part of your world
I was a part of your world
I was a part of your world

The parade
An innocent way to teach a dying cell
You eventually will be eaten by yourself
Nobody asks for help

Far away
Somebody was given just another year
Another departure in our atmosphere
Will you forget I was here?
Will you forget I was here?
Will you forget I was here?
Will you forget I was here?

Will you forget I was here?
Will you forget I was here?

"GIVE UP"
Don't give up
Your people care
I need you here

MY NAME

my name
was hidden somewhere, in the back of my brain
I didnt know, before my head was drained

and all I could hear
was that name

I erase
the mission I had before I was reversed
long before I was a part, of earth

I was a part of your world

The parade
an innocent way to teach a dying cell
you evatually will be eaten by yourself

Nobody's asking for help

far away

somebody war give just anothe gea

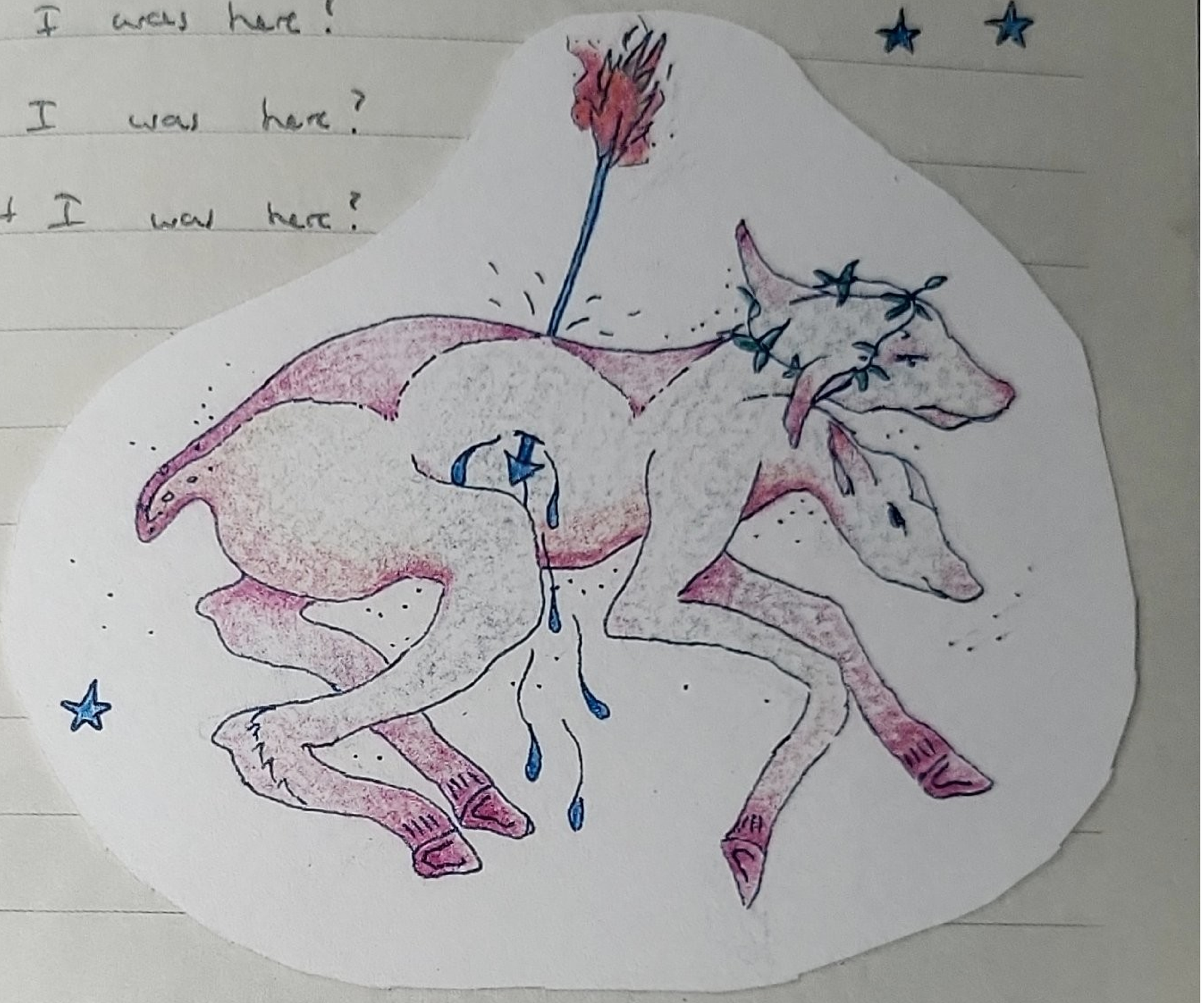
another departure in our atmorphere

will you forget I wars here?

Will you forget I was here?

Will you forget I was here?

(HYMN)



"GIVE UP"

dont give up

"GIVE UP"

dont give up

I need you here

(I THINK I NEED A DISCO SONG)

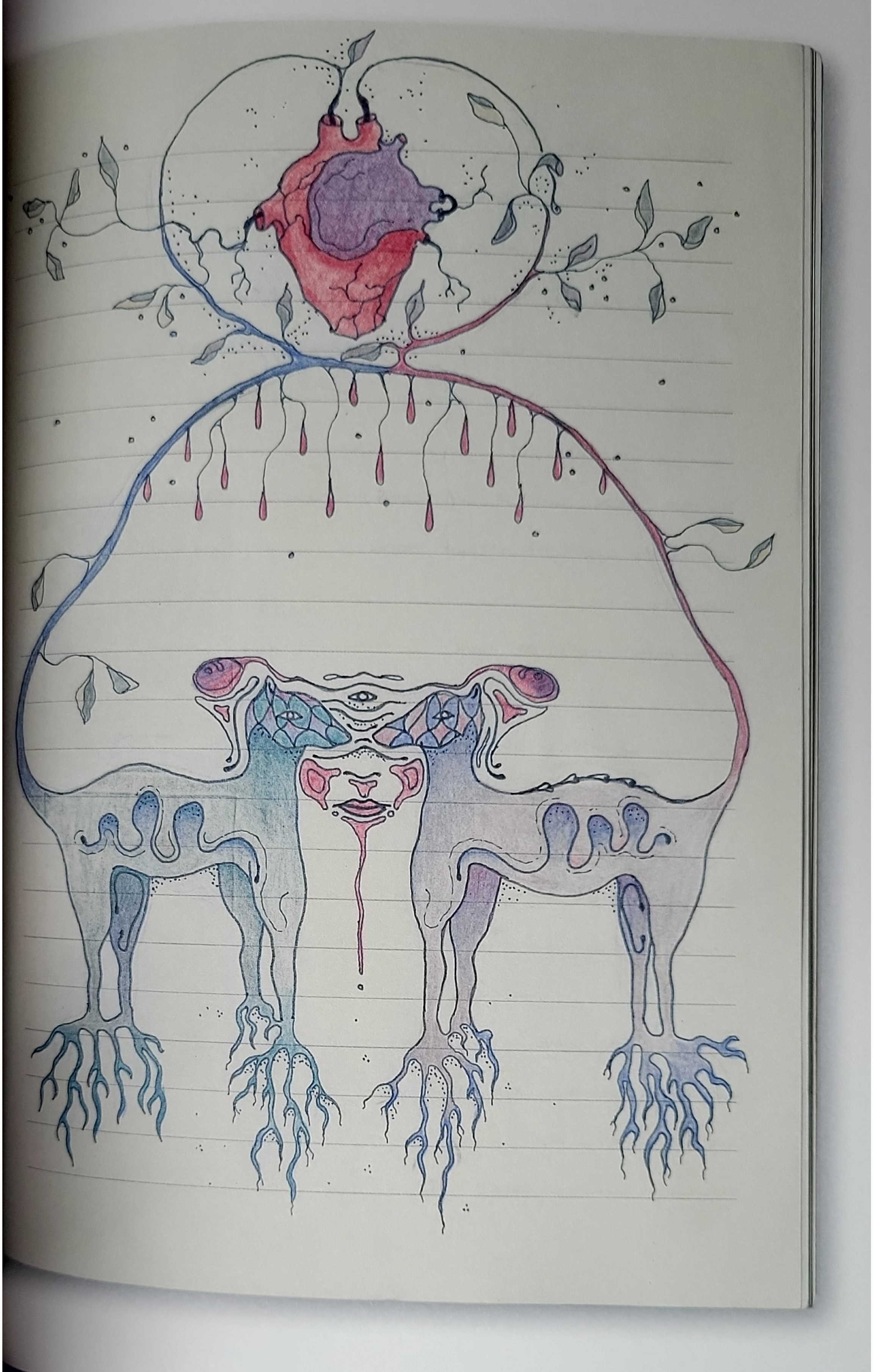
(TO WRITE ONE)

(BUT DON'T TELL ANYONE)

MADE BY A GENIOUS

WARRIOR SOMEWHERE

IN A GALAXY FAR FAR AWAY.....



Do You Feel?

Never give up this feeling
Never give up on love
You can give up on me
But never give up on love

In our bodies and in our bones
We both sing in deeper tones
In the fire, we both run to hide
And you let the sun call my name
And we dance in her flames
So warm
I feel love, love, love

Do you feel love?
You got me burning
But I can't stop
It feels like I need it

But I can't stop
It feels like I need it

Never give up this feeling
Never give up on love
You can give up on me
But never give up on love
Never give up this feeling
Never give up on love
You can give up on me
But never give up on love

Do you feel love?
You got me burning
But I can't stop
It feels like I need it

(What do you believe in?)
I believe in bleeding, for love
(What do you believe in?)
I believe in bleeding, for love

Do you feel love?
You got me burning
But I can't stop
It feels like I need it

You can give up on me
But never give up on love

DO YOU FEEL?

NEVER GIVE UP THIS FEELING

NEVER GIVE UP ON LOVE

YOU CAN GIVE UP ON ME

BUT NEVER GIVE UP ON LOVE

In our bodies and in our bones

we both speak in deepu tones

into the fire

well both run, to hide...

So we let the sun call our names

and we'd dance in her flames

So warm..

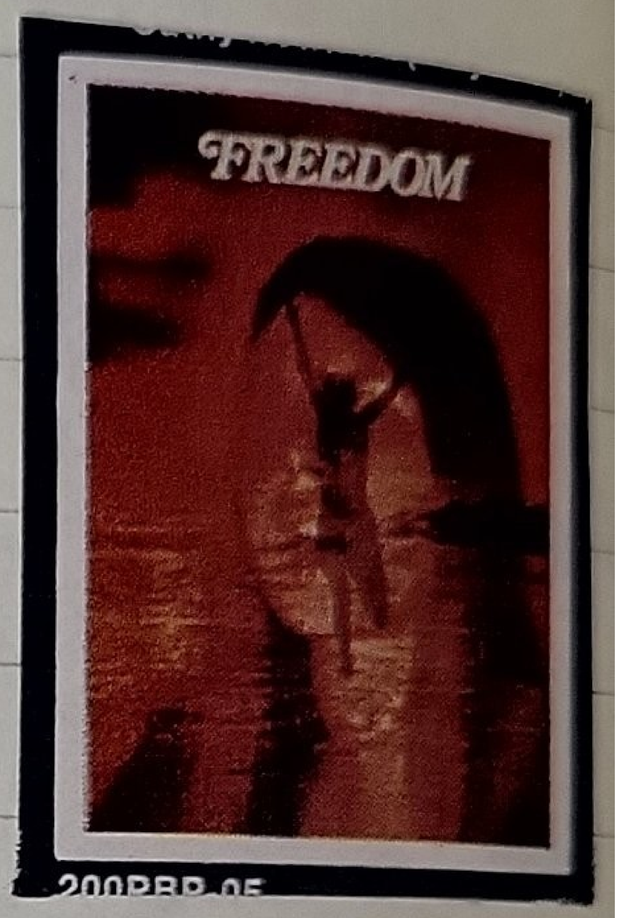
I feel Love,

DO YOU FEEL LOVE?

YOU, YOU GOT ME BURNING

BUT I CANT STOP

IT FEELS LIKE I NEED IT



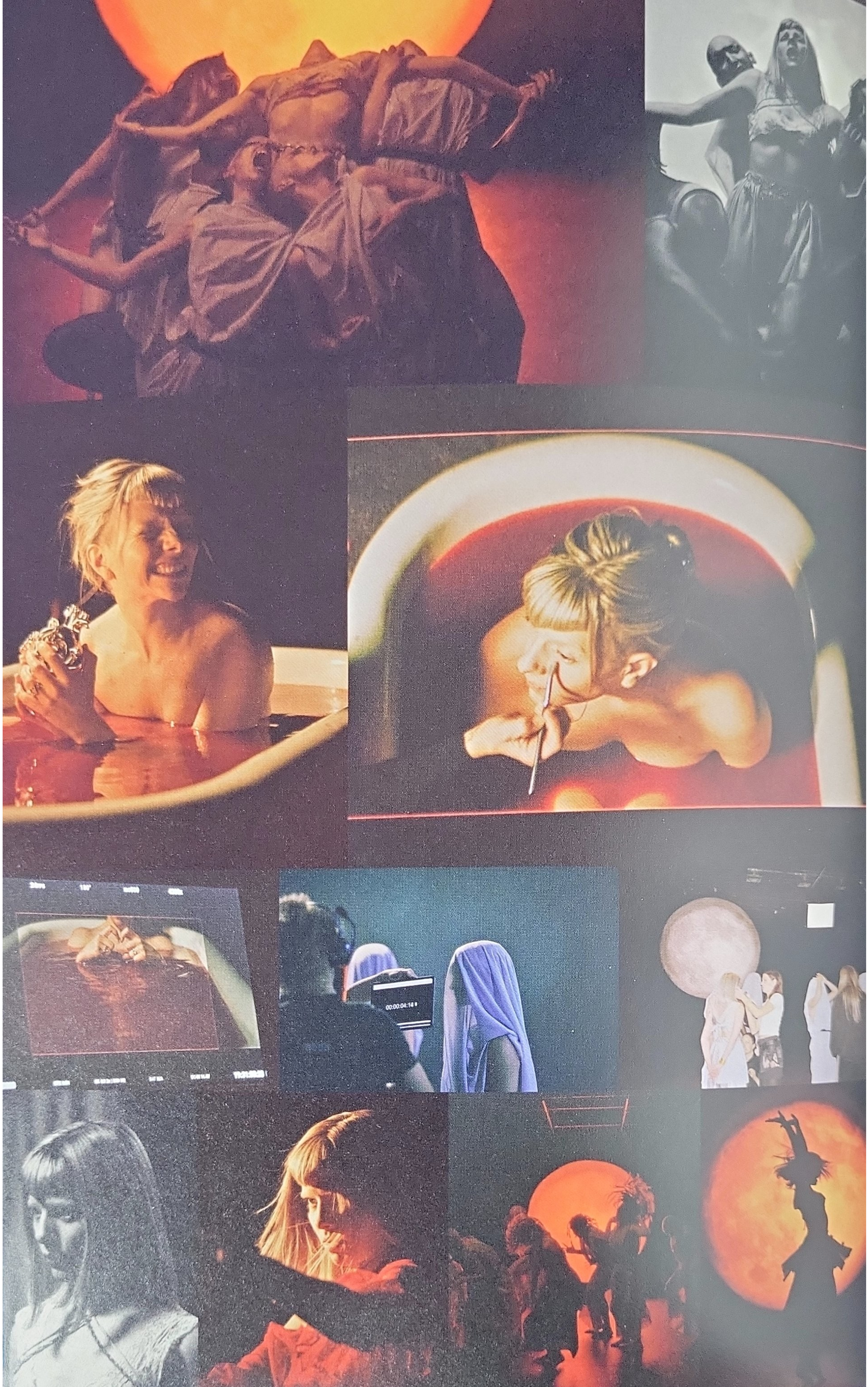
What do we choose to see??

This is one of the only times
in my life
where I've written an album
whilst allowing the world in.

I haven't escaped somewhere, or secluded myself.
I've carried it all with me.
it has felt completely right
and totally un-avoidable.
to the children of
Palestine. of Ghana.
have been with
during this whole process.

Such bloodshed.
Such trauma.
inflicted on real people.
Whatever we call it
I cannot help
but to view it
as such a cruel
an Inhuman act.
devastating.

even though the world
manages to disagree on so
much
?!
When so many unnecessary
~~lives are~~ Deaths are taking
place.
it seems like we are not
on the right path. at all.
This is not the kind of
world we deserve.
indeed. What happened to the heart.



STARVATION

I miss the touch of human hands on my skin
Miss the rush of beauty coming from within
Do I need to be torn?
Just to see who will care?
I sleep on the floor
Dreaming my life away

Why do we have to die for us to see the light?
And we hunger for love
Why do we touch the knife when we long to feel alive?
And we hunger for love
And my soul is starving

Come on over, take a bite of the last apple here on Earth
Will the virtual mind become stronger than mine?
And when my ego dies
Will I stay here forever?
When the Webb crashes down
Will my life be better?

Why do we have to die for us to see the light?
And we hunger for love
And my soul is starving
Why do we touch the knife when we long to feel alive?
And we hunger for love
And my soul is starving

Break me, break me
Chasing the enemy
Got a deal with the devil but
I got the stamina
Higher than anything
I've ever seen or been
Right now everything
Everything's empty
Starving, craving
Chasing the remedy
I got used to the torture
But no one deserves to be alone
They break me
Chasing the enemy
And my soul is hurting
But I got the stamina!!

(Why do we have to die for us to see the light?)
(We are decorated bones and my soul is starving)

(MY SOUL)
(MY SOUL)
(MY SOUL IS STARVING)
(I'M DYING)

MAKE ME BREAK ME

CHASING THE ENEMY

GOT A DEAL WITH THE DEVIL BUT

I GOT THE STAMINA!!!!

HIGHER THAN ANYTHING, IVE EVER SEEN OR BEEN

BUT RIGHT NOW

EVERYTHING.

EVERYTHING'S EMPTY!!!!

STARVING, CRAVING

CHASING THE REMEDY

I/WE?? GOT USED TO THE TORTURE

BUT NO ONE DESERVES TO BE ALONE

(REPETITION?)

BREAK ME

CHASING THE ENEMY

AND MY SOUL IS HURTING

BUT I GOT THE STAMINA!!!

(Why do we have to
for us to see the
We are decorated
Bones
And our soul is starvi

↳ AI TAKES OVER THE SONG
GOD HELP US ALL!!!!
(1. OCTAVE DOWN) UNLEASH HE

STARVATION

I miss the touch of human hands on my skin
miss the rush of beauty coming from within

Do I need to be torn?
Just to see who will care?
I sleep on the floor
Dreaming my life away

Come on over take a bite
of the last apple tree on Earth
Will the virtual mind
Become stronger than mine?

REF PART???

Why do we have to die?
for us! to see the light!
While we hunger for love?

Why do we touch the knife
When we long to feel alive
and when we hunger for love
And my soul is starving

And when my EGO dies
will i stay here forever?
When the WEBB crashed down
Will my life be better?

MY SOUL IS STARVING!!

START W. CLOSEUP. (20s.) BEFORE

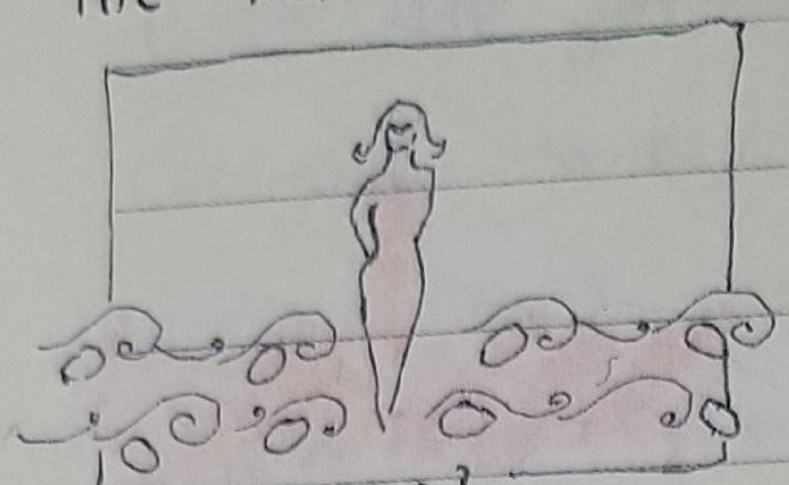
BEAT KICKS IN.

THE DEEP. ← CHOREOGRAPHY WILL SHOW.

THE ACHING HUNGER.

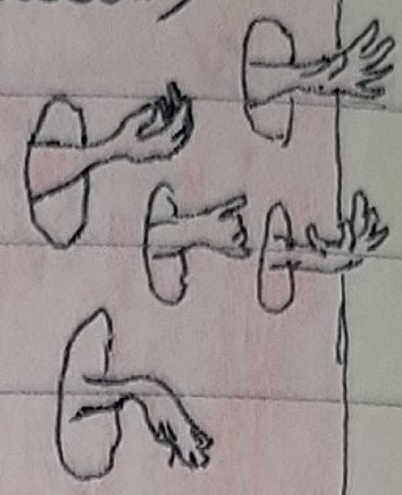
IS ROOM DARK OR

(CALL LV LOCKWOOD)



RED FLOOR?
RED FABRIC?

"WALL OF HANDS"



RED ON RED.

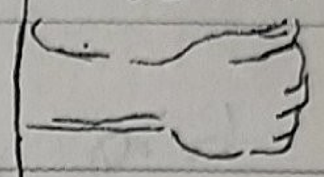
WHAT ARE THEY REACHING FOR?

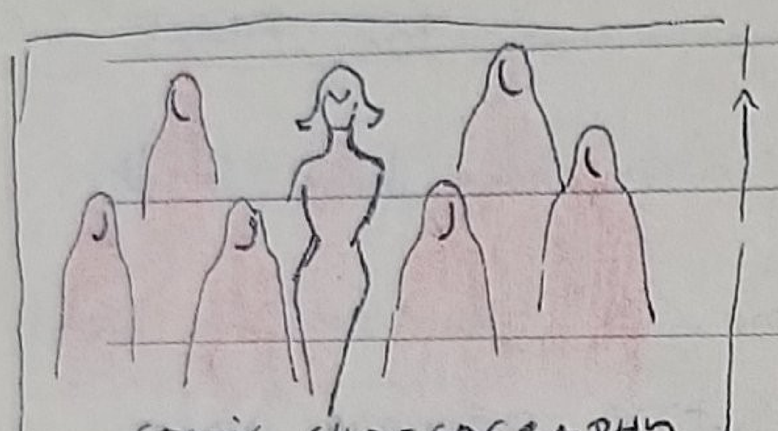
MOVING UNDER IT LIKE WATER OR A FEATUS.

SLOW ZOOM OUT.

(BLUE)

CLOSEUP OF HAND BEATING CHEST.





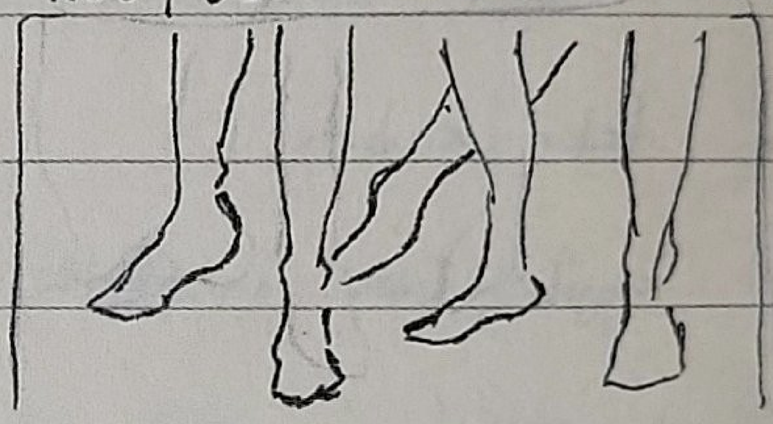
STATIC CHOREOGRAPHY

PLANTED FEET → W. RHYTIM

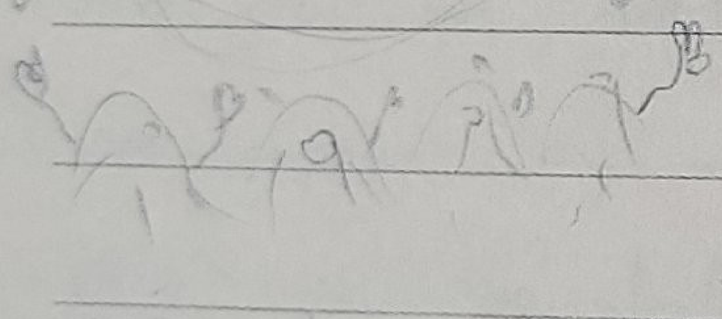
HIT CHEST.

START AT BASI RHYTM

RED / BLUE PAINTED FEET



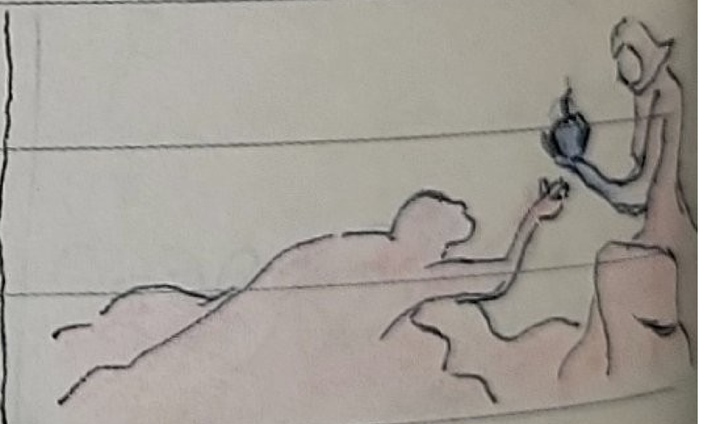
IN THE RHYTM
THE DRUM.
ANGRY.
TOWARD



MORE WILD CHOREOGRAPHY

CRAWLING AFTER APPLE
2ND VERSE BEGINNING

FILMED SIDEWAYS



1ST. DROP

DR? EVERYONE DANCES
BUT M?

ZOOM IN
OR OUT.

BLUE APPLE & BLUE STA

HAND?

IS THE "HUNGER" BLUE?

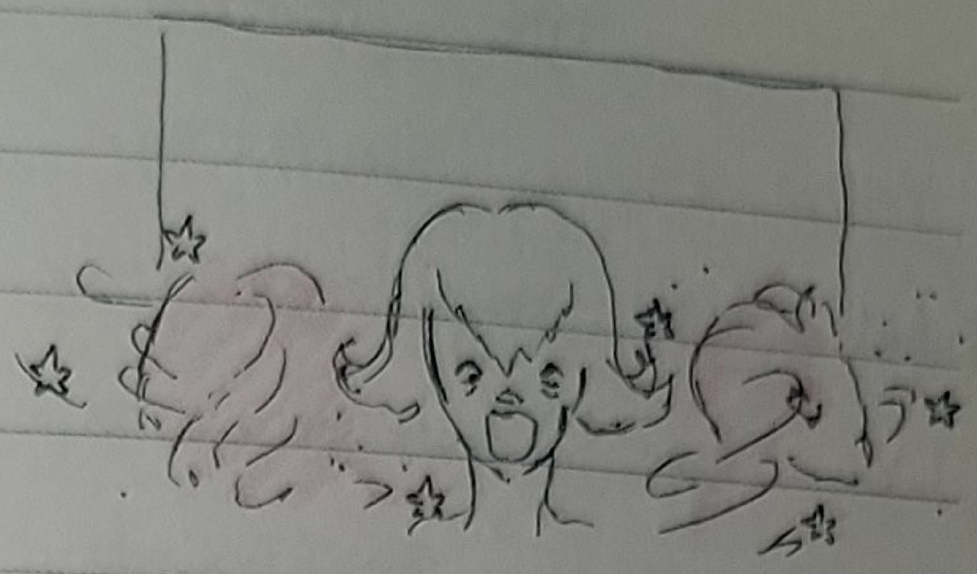
WHEN IS IT TAKING

END

4 v. LIPSYNC AND 4 WITHOUT

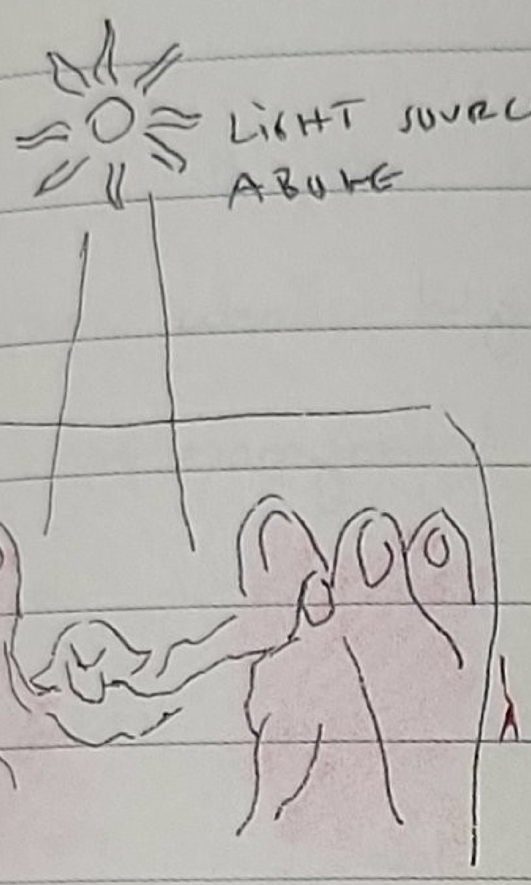
SOUND RIGHT AT THE
SPECIAL MOVEMENT

ALL FOR END?!



EVERYONE MOVES SLOW MOTION

STAND STILL.



"I GOT THE STAMINA"

—> A MOMENT OF STILLNESS?

THEN. LET. GO.

TURN INTO HEAVY METAL

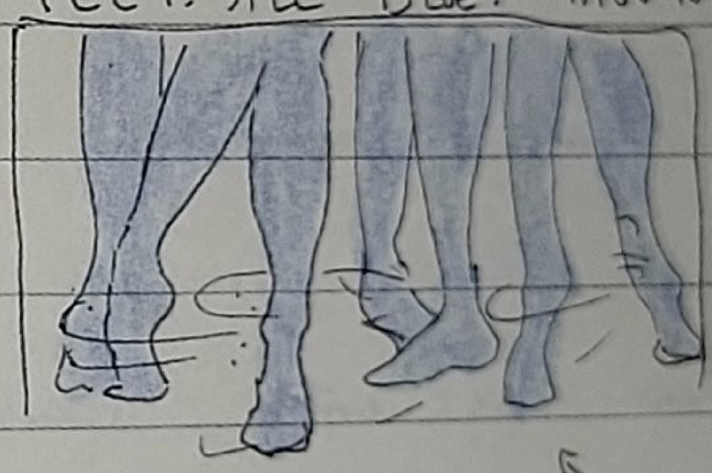
CORE.

A RITUAL?

HUMAN CONNECTION?

SACRIFICE OF THE WOMAN!

FEET. ALL BLUE? MOVING FASTER



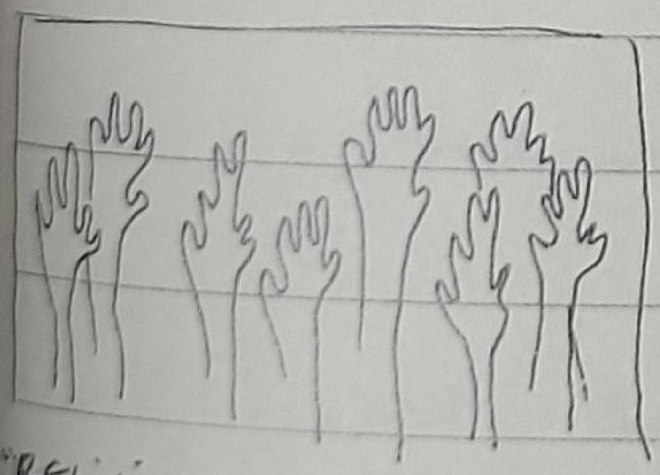
ACHING FOR CONNECTION WITH EARTH

HOOF?!?

WTF?!

ALL >LOW MOTION

TOWARDS END!



"RELIGIOUS HANDS" ACHING FOR SPIRITUALITY.

(I SWEAR I KNOW HOW HANDS LOOK LKE)

The Blade

Fall into my arms
Like you trust me
I'll keep my bloodstained hands
Off your body

Innocent like a child
Yet she sleeps with a knife right under her pillow
And the claws won't be near anymore
Paralysed in denial ever-changing
Will she be the same?
See your shame, on the wall, on the cross
In the night, nobody remembers
When she cried scarlet skies on the floor
A million doors, corridors ever-changing
I still feel the rage

Watch out, watch what you say
Your truth becomes your grave
A sword can cut both ways
But I got sharp blades
Feel the rage!

Vertigo, all she knows
When the world drags her soul deep into the shadow
Like a chain it chokes my throat when she cries
I hold her near
Hurting world, overwhelming
I still feel her pain

Watch out, watch what you say
Your truth becomes your grave
A sword can cut both ways
But I got sharp blades
Feel the rage!

Soft hearts need protection, need protection
Soft hearts need protection, need protection

Feel the rage!
Rage, I feel rage
I feel rage
I feel rage!

Soft hearts need protection, need protection
Soft hearts need protection, need protection

THE BLADE

fall into my arms
like you trust me
(But) keep my bloodstained hands
off your body

innocent like a child
yet she sleeps with a knife right under her pillow
and the dawn won't be near anymore

paralyzed in denial
everchanging... will she be the same?

See your shame on the wall
on the cross, in the night nobody remembers
When she cried scarlett skies on the floor (BLO

~~paralyzed~~ a million doors → corridors
everchanging
I STILL FEEL THE RAGE (HER RAGE??)

FEEL THE RAGE!!!

WATCH OUT, WATCH WHAT
U SAY. YOUR TRUTH BECOMES
YOUR GRAVE!!!
A SWORD CAN CUT
BOTH WAYS. BUT I GOT
SHARP BLADES.

Vertigo, all she knows
as the world drags her soul
deep into the shadows
like a chain

it chokes my throat when she cries

I hold he near
a hurting world
overwhelming
I STILL FEEL HER PAIN

(cate prodigy domain)

"Soft hearts, need protection" x2
↳ x2/x4

Where the sea and heaven touches hands

I saw

a boy go in, and leave - a man.

I don't believe I understand

What happend to him.

My Body Is Not Mine

I can remember the first time I felt my mind
Turning into a beast of an evil kind
If there's a demon in the line of my aim
I won't be calling its name

I would stare at the back of my hand for days
Reading the wisdom written out for me in my veins
If there's a demon in the eye of my soul
I won't be letting you know

But the light kicks in when I know it's time
I've built my walls so it's safe to hide
And the people I love I've left behind
They see too much when they look in my eyes
Feel no pain and I never cry
I bleed no blood, I will never die
My body's not mine, body's not mine
Body's not mine, I need no body
My body isn't mine

And the past feels like another life
When the story they somehow all survived
Repeats itself so many times
Written cold in blood, heavy as a bible
Feel no pain and I never cry
I bleed no blood, and I never die
My body's not mine, body's not mine
Body's not mine, I need no body

"When you need my heart"
You cry
"You need my body, body"

CEASEFIRE NOW

(a11) TOM ROWLANDS!!! GET THAT CHEMICHAL BROTHERS JUICE ON THIS BABY!!!

and the past feels like another life
when the story they somehow all survived
repeats itself so many times
written cold in blood

heavy as a bible

"feel no pain - and never cry"
"bleed no blood - and never die"
my body's not mine
my body's not mine

I need no body

"When you need my heart
you cry
"You need my body"

"MY BODY is NOT mINE" x3/x4

"Is this all you got?"

Thank you M x

MY BODY IS NOT MINE

(from the print of the predator?) or what makes you different from the predator?

I can remember the first I felt my mind
turning into a beast of an Evil kind
if there's a demon in the light of my aim
I wont be calling its name...

I would stare at the back of my hand for days
reading the wisdom written out for me in my veins
if there's a demon in the eye of my soul
(I won't bE letting you know)

But the light kicks in
when I know its time
I've built my walls, so it's safe to hide
and the people I love
I've left behind
they see too much when they look in my eyes

feel no pain - never ~~die~~ cry
bleed no blood - never die
My body's not mine (body's not mine)
I need no body

OK. SO... TRACKLIST?

What Happened To the Heart?

1. Echo Of my Shadow
2. Be allright
3. ~~Conflict of The Mind~~ Your Blood
4. ~~Some Type of Skin~~ Conflict Of the Mind
5. Some type of Skin
6. Essence
7. Earthly delights
8. The dark dresses Lightly
9. A Soul with No King
10. Dreams
11. My name
12. Do you feel?
13. Starvation
14. The Black
15. My body is not mine.
16. ?

→ Invisible wounds?

DOC
MD2

Invisible Wounds

I squeeze into a small hole
Through the eyes of needles
To stitch you up again
Even though I know so well
I can't fix anything
I look for blood to shed
Mistaking every vein for thread
Spreading out too thin
As I'm lying in my bed, barely existing

And I need you
And I need you
To understand
To understand

Sometimes I see light
And I fear it's only fantasy
Oh, wouldn't it be tragic
If there is no light in me?
Not any magic

And I need you
To forgive me
If you can
If you can

I know the best I can
Isn't always good enough
It hurts to know I hurt you
Like I know it hurts for you
To know you've hurt me
And now my blood is yours
And life is slowly losing touch
How do we learn to tend to
These invisible wounds our homes gave us?

I can't heal you
And you can't heal me
Even if we wanted to
And how I wanted to
And I need you
To stop needing me
Like I've needed you
We both need to
Tend to the invisible wounds

Invisible Wounds

I squeeze into a small hole
through the eyes of needles
to stitch you up again
even though I know so well
I can't fix anything....

I look for blood to shed
mistaking every vein for thread
spreading out too thin...
as I'm lying in my bed
barely existing

And I need you.... And I need you.... To Understand.

Sometimes I see light
and I fear it's only fantasy
Oh, Wouldn't it be tragic
if there is no light in me
not any magic

And I need you.
To forgive me.
if you can.

I can't heal you
And you can't heal me
even if we wanted to
and how we've wanted to

.....

I know the best I can
~~Idn~~ Isn't always good enough
It hurt to know I hurt you
like I know it hurts for you
to know you hurt me.

And now my blood is yours
and life is slowly loosing touch
How do we learn to tend to?
... these invisible wounds our homes gave us?

and I need you.
to stop needing me.
like I've needed you.
we both need to
tend to the Invisible wounds

how
(and oh, I've needed you)

It was the kind of truth

that only existed in

my mind

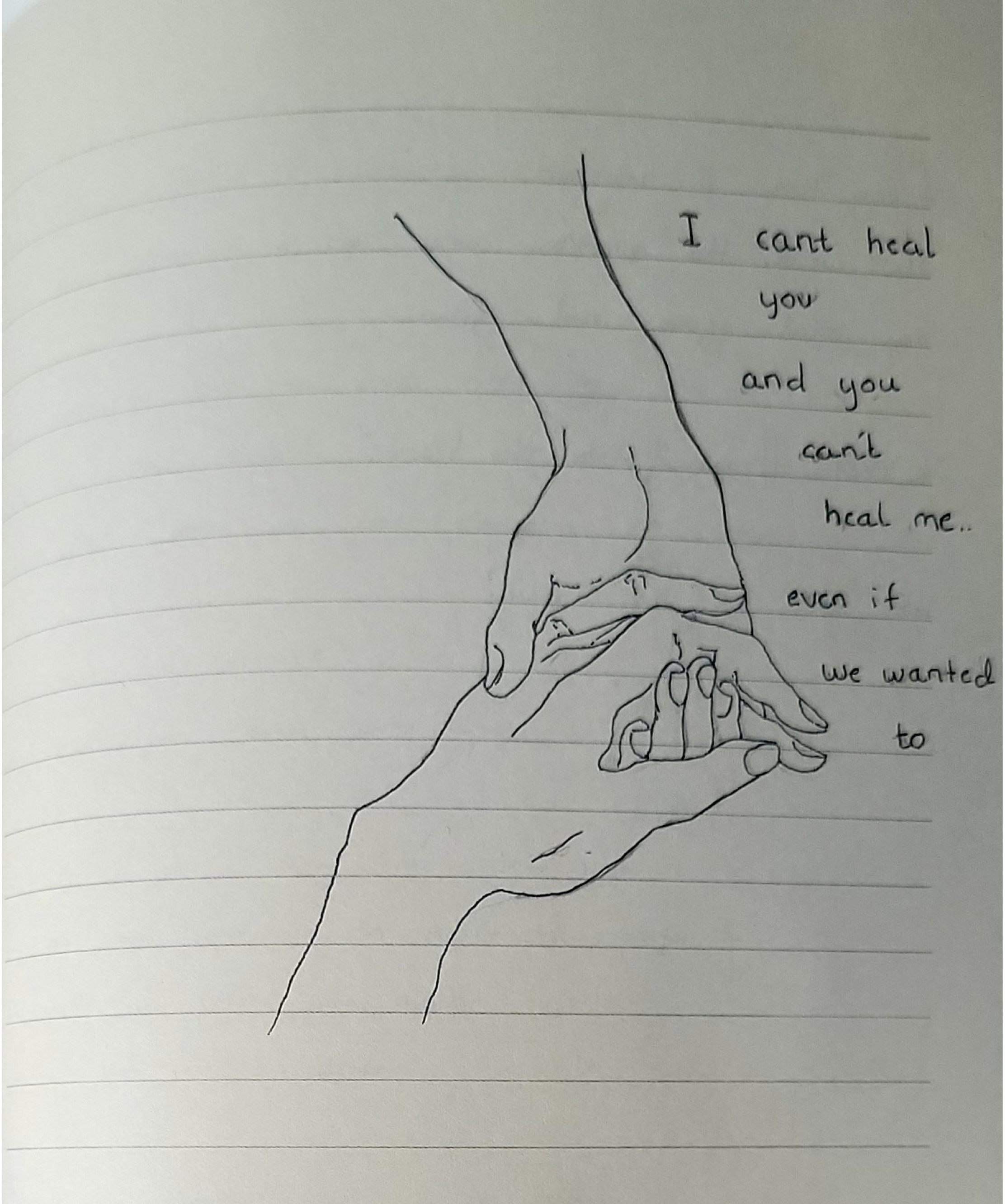
And as I spoke it out

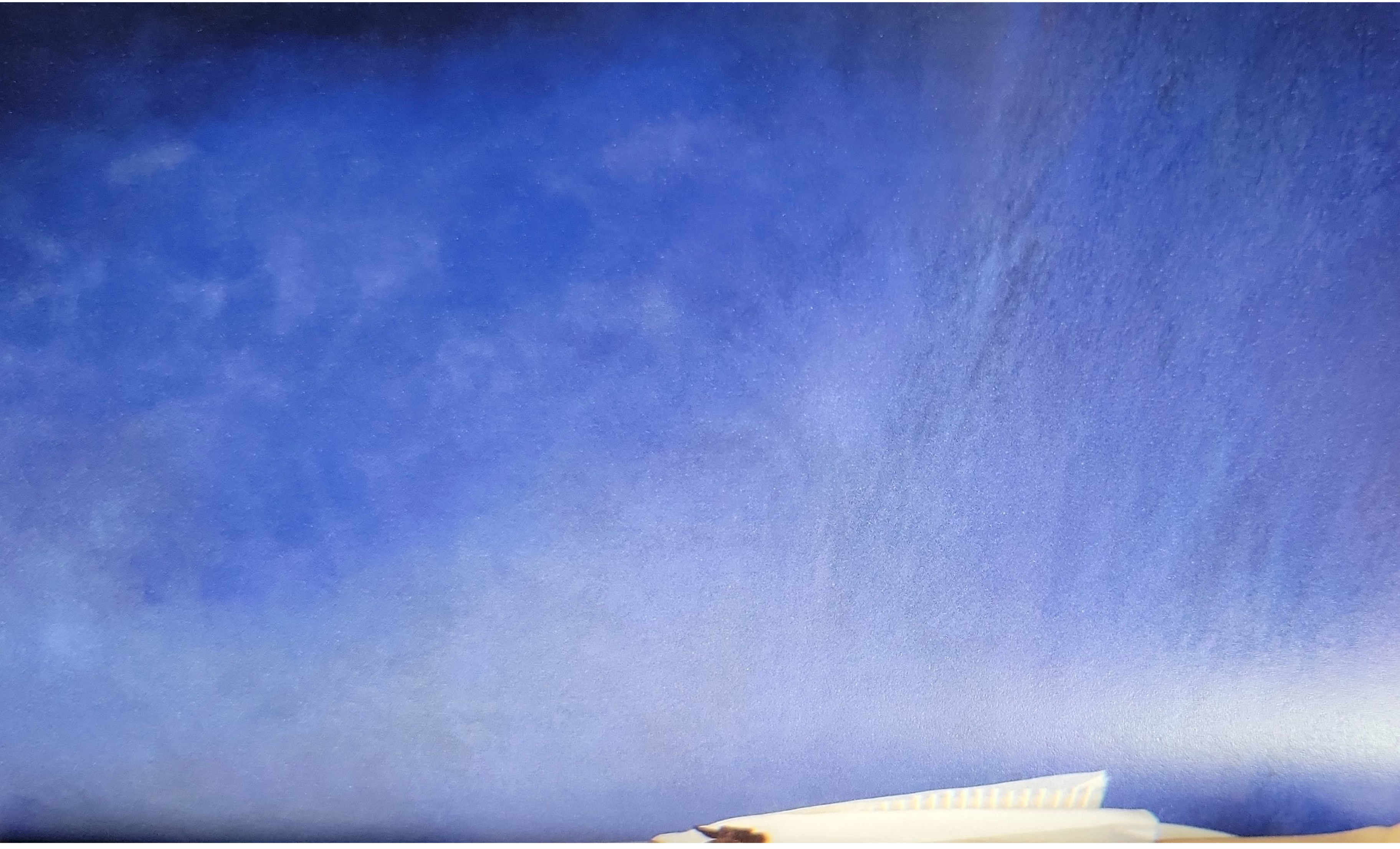
Loud

It became a truth

for the

Whole World


I cant heal
you
and you
can't
heal me..
even if
we wanted
to



Every time I look at

the world. this question comes up in

my mind again and again.

"What Happened to the heart?"

How did we loose touch?

This Album Project is reaching its end

What an exhausting adventure.

Just went to NY, to spend some time at the UN

where we all talked about our beloved dying Earth

and what stops us from changing our ways.

Why cant we coexist?

why must we devour everything.

It seems, for a long time we've had to

rely on music and art to deliver the messages to

the people. We must join hands with

politics and with science.

Because the truth needs to be told

but not to our minds only.

Now more than ever

The heart.

Have you ever met

Someone just like me

TRIGGER ME

Everything's rising up
entangled in violence
So many defenceless
who suffer in silence

We know we feel
something is lost in
the riot
When truth is a liar
death has no triumph

And the feeling rises
wisdom's quiet
I feel frightened!!!
MOTHER!!
I choose Living over dying

Who will be my saviour?

Thank you Chris for being such
a great friend
for all the fun we've had
your a good Earthling.
And for yet
again
reminding me
that
"Heavy metal rules"

Thank you Yette ♥

Thank you Jamil
for always keeping
on time. for being
a ray light.
for your help.
for everything.

Thank you to Matia Tellez
this chapter start and ends
with song I recorded with
you. Thank you for understanding
the important of pouring
the spiritual message into
every sound. I know we will make
a lot of magic.

Thank you Nico and Michelle
when the three of us gather in a room
the world makes sense.
And what doesn't make sense yet - we pour into music.
I love you both so much.
And I appreciate you both so much.
as human. as musician. your very soul.

Thanks to Benedict and Kayla for Spending New year eve
with me.

for being then for me
In my darkness,
Thank you Magnus.
again. for being then for me.
My best friend.
Only three of our songs
are in this chapter.
But youre now a part
of "everything", than you know.
Youve touched both my
heart and my mind in this life
ad for that I am forever grateful.

Thank you Tom Rowlands
for picking up the phone
when I called.
Who I told you to
"Vomit" on my song
you knew exactly what to do.

Thank you Sam.
Working with you is a delight.
And I am so happy to also call you a friend.

Thank you frederik.
for being my friend.
A beam of sunshine on tour,
you lift us all.
Our child "A soul w. no king"
is my favourite piece of music, ever.

Thank you Mitch
for your touch.
having you mix
this chapter has
been a dream x.

Thank you to my friends
Lykke and Margo
for showing me your
darkness and your light.
you inspire me more than
you know. I love you
both more than you know.

Sørlands
CHIPS

Thank you to all my lovers.

for your touch.

and for letting me be free.

I know it is not easy

to let go

of Something you love.

We held on to eachother

and then

we let go.

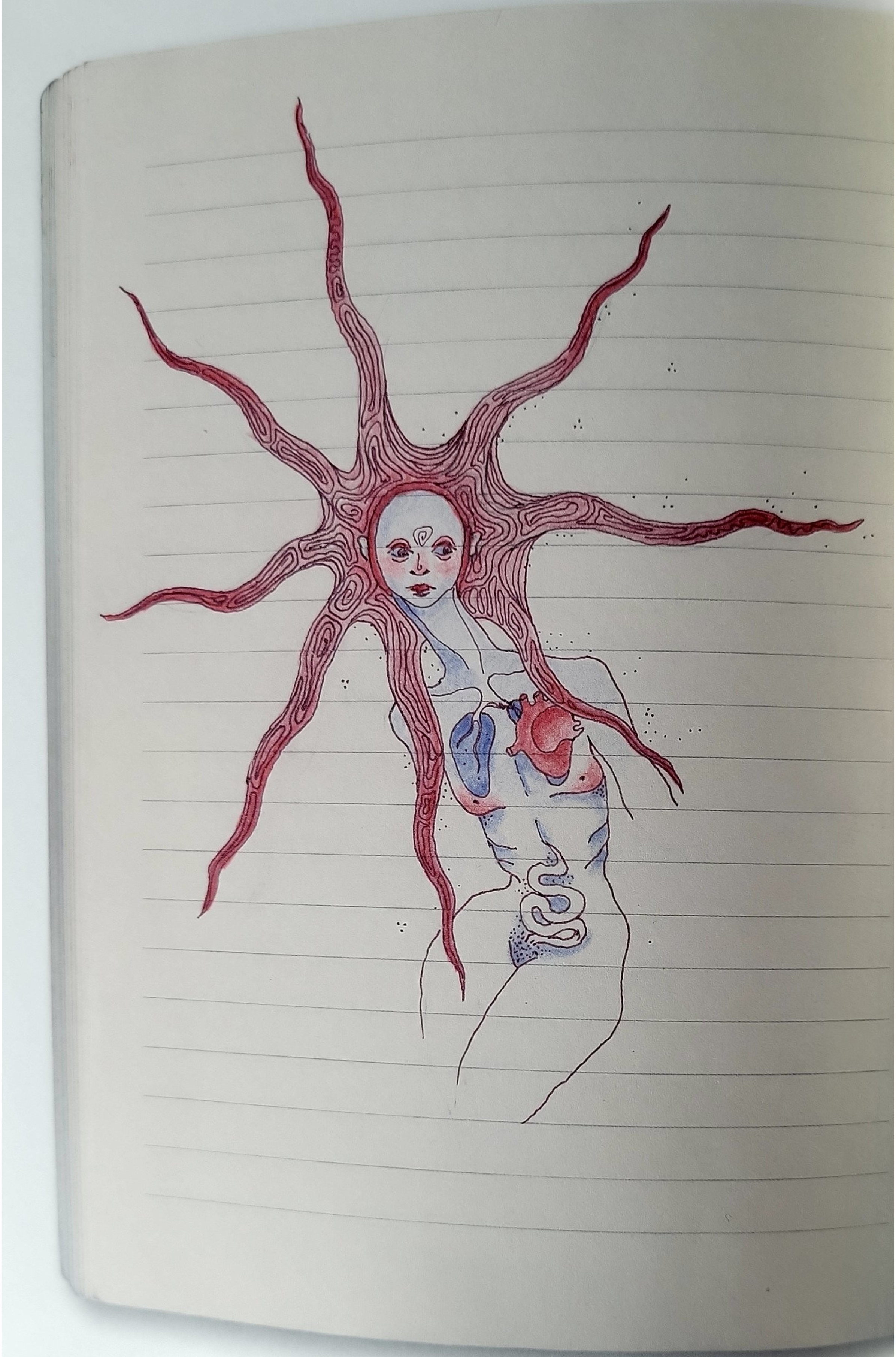
Thank you for loving me

and allowing me to love you.

To love, is the greatest

honor on earth.

-A



Thank you to My sister.

this all exists because of you.

Miranda, may you find your light.

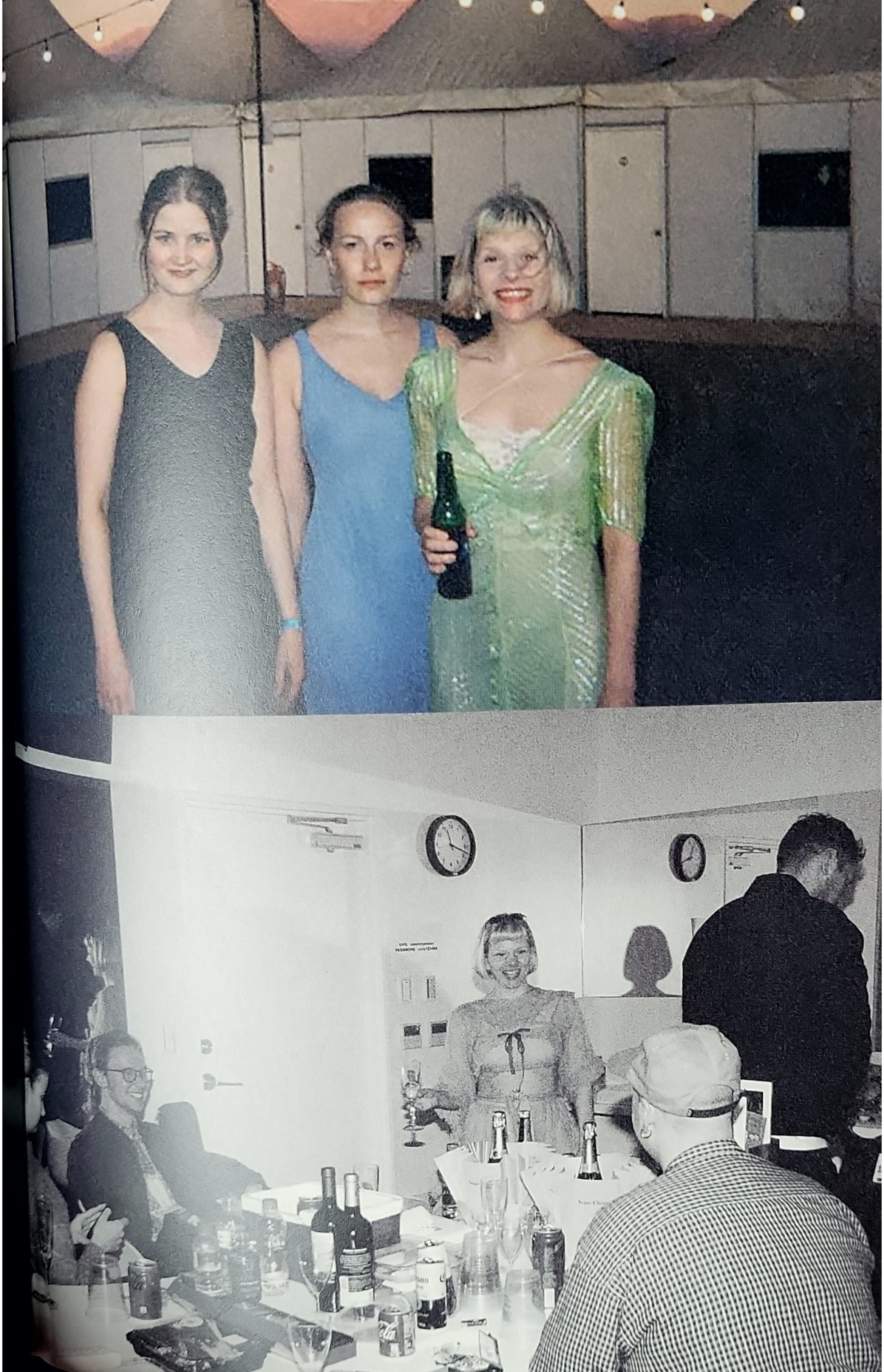
Viktoria, may you exist for yourself,

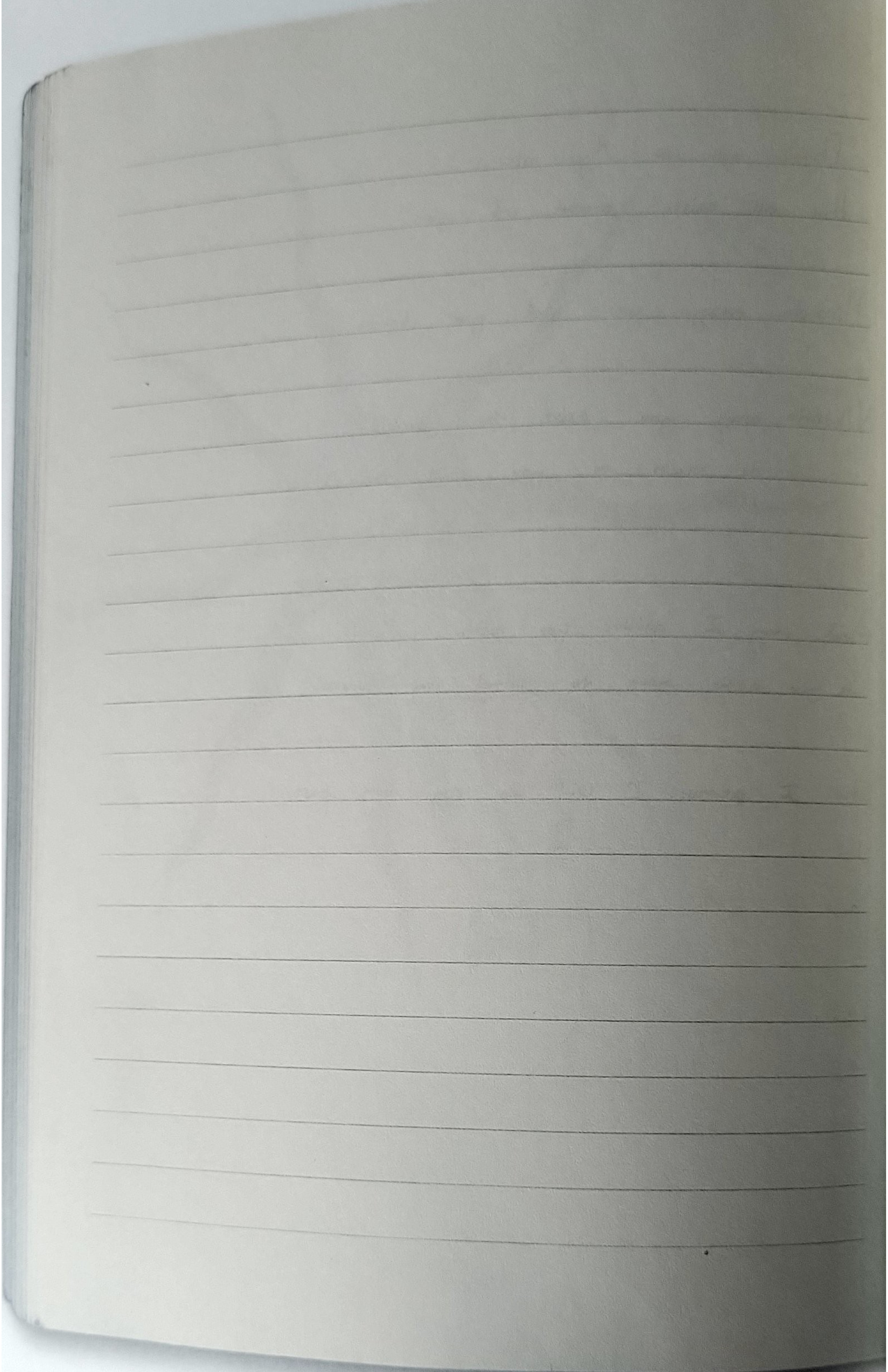
as much as you exist for others

And may I outlive you both.

So you never have to attend my funeral

This I promise. I will do my very best.





Listen to the plead, have more empathy.

give back the stolen land.

Apologize to the earth.

STOP the killings of innocent people.

open up your hearts.

Be better to yourself.

to life itself.

All life.

07.06.2024

What Happened To The heart?

A.R.J.S.BL.A.C.S.CC.LG.A.M.K.NJ.C.V.N S.A.A.I.L.H

A.J.R.SBLBLA.A

C.C.S.CC.(LG).A.M.NJ.X.S

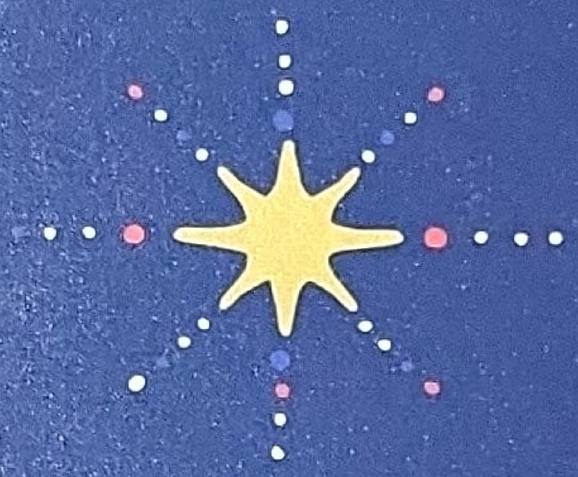
V.N.Sk.A.A.I.HH.

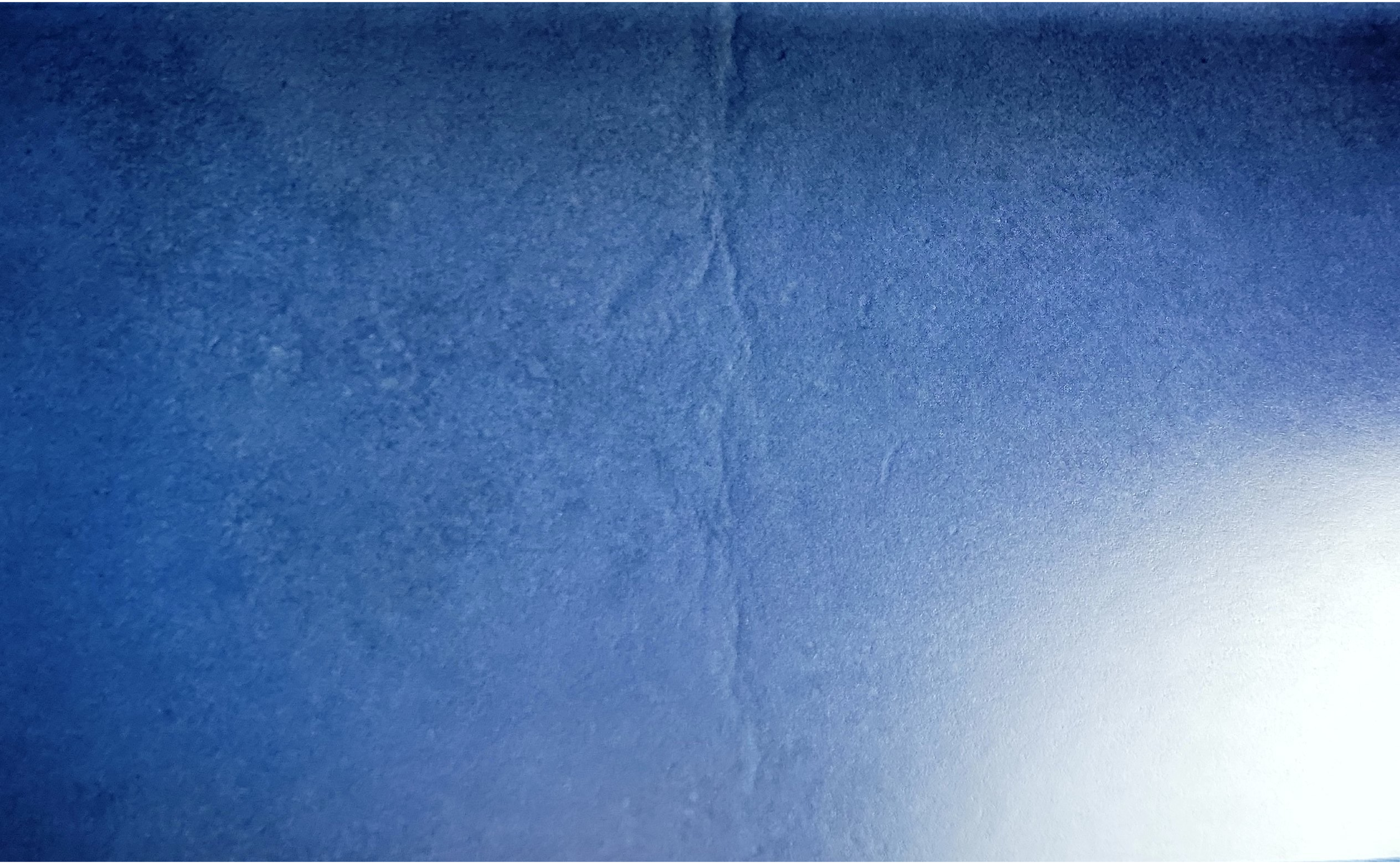
E.L.E.H+E.LK.

S.CWTB.S.L.V.E.VT.H.

"We are the seed, the root, the forest, the rivers,
the woods, the animals, the cosmos."

Taken from *We are the Earth*
co-written by Sônia Guajajara and Célia Xakriabá





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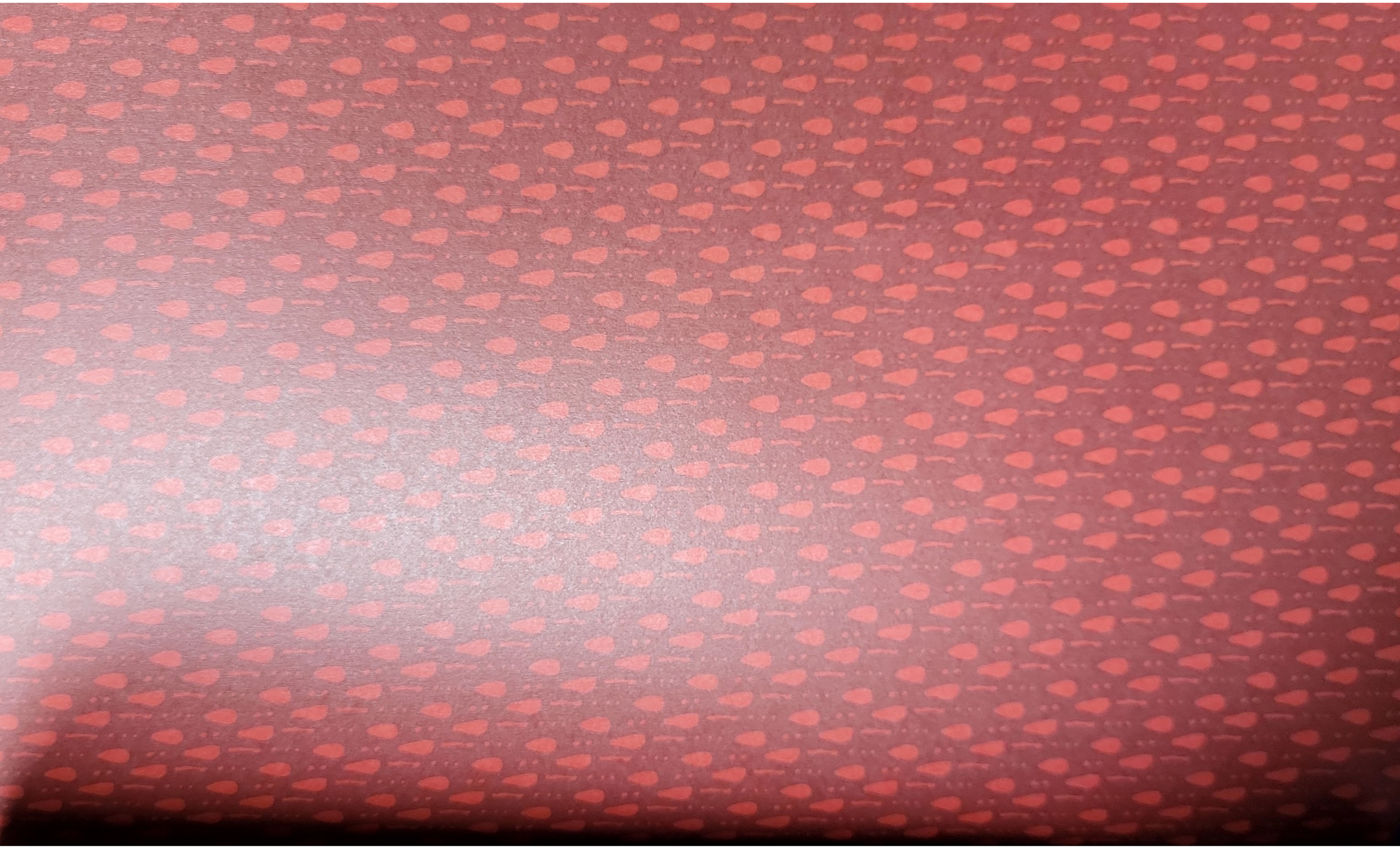

AURORA

WHAT HAPPENED TO THE HEART?

'What happened to the heart? It's the most important, beautiful and sad question I've ever wondered in my life.'
AURORA

In April 2022, AURORA discovered a love letter to Earth, written by indigenous activists from Brazil. The letter was a plea for mankind to "heal the land", "reforest our minds" and celebrate our connection to Mother Nature. The profound impression this letter left on AURORA became the inspiration for her fourth studio album, *What Happened to the Heart?*

Complete with full album lyrics and striking photography, this beautiful clothbound reproduction of AURORA's personal album notebook gives fans intimate insight into her creative process and takes readers on a journey through the human body as she seeks the soul of humanity.

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